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ABSTRACT

This guide to current information on health promotion and disease prevention topics for health professionals and community groups describes currently available materials produced by the Department of Health and Human Services. It consists primarily of public information materials, such as booklets, fact sheets, films, and posters, but it also includes program guides for professionals and community groups and some reports on the status of health promotion and disease prevention in the United States. This third edition lists over 155 new titles and incorporates new subject categories including Acquired Immune Deficiency Syndrome, child abuse, Medicare, and pharmaceuticals. (JD)

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Staying Healthy

A BIBLIOGRAPHY OF HEALTH PROMOTION MATERIALS

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U.S. Department of Health and Human Services
Public Health Service

Staying Healthy

A BIBLIOGRAPHY OF HEALTH PROMOTION MATERIALS

April 1987

U.S. Department of Health and Human Services

Public Health Service

Office of Disease Prevention and Health Promotion

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FOREWORD

Staying Healthy: A Bibliography of Health Promotion Materials is a guide for health professionals and community groups to current information on health promotion and disease prevention topics. This is the third edition of *Staying Healthy*. It describes currently available health promotion and disease prevention materials produced by the Department of Health and Human Services (DHHS). It consists primarily of public information materials, such as booklets, fact sheets, films, and posters, but it also includes program guides for professionals and community groups and some reports on the status of health promotion and disease prevention in the United States.

This third edition lists over 155 new titles and incorporates new subject categories including Acquired Immune Deficiency Syndrome, Child Abuse, Medicare, and Pharmaceuticals.

Materials were selected for inclusion in the bibliography by the DHHS agencies that produced them, and selection was based on availability and relevance to health promotion and disease prevention. They are arranged by subject and are followed by a "General Resources" section that gives an overview of health information sources within the DHHS including a listing of DHHS clearinghouses and information centers. *Staying Healthy* also includes ordering information and a title index to all entries.

Accurate and up-to-date information is an important aspect of health promotion. *Staying Healthy*, by making timely and relevant health information easily accessible, can assist health professionals and community groups in their efforts to promote good health and prevent disease.

J. Michael McGinnis, M.D.
Deputy Assistant Secretary for Health
Director, Office of Disease Prevention and Health Promotion

ACQUIRED IMMUNE DEFICIENCY SYNDROME

AIDS. Answers frequently asked questions about causes, symptoms, transmission, treatment, prevention, and more. (3 pages)

■ For sale by the Consumer Information Center, Order No. 457P, $.50.

AIDS: Fears and Facts (videotape). Answers the questions most often asked by the general public about AIDS. This program tells viewers what causes AIDS, who is at risk, and how it is NOT spread. (28 minutes)

■ For sale by the National Audiovisual Center, $55.

AIDS and Your Job—What You Should Know (videotape). Outlines the precautions that can be taken to reduce the risk of exposure to the AIDS virus by police, firemen, and emergency personnel. This program stresses that AIDS is not spread through casual contact—it is a blood-borne and sexually transmitted disease. The precautions recommended in this program are intended for public safety professionals. (13 minutes)

■ For sale by the National Audiovisual Center, $55.

Blood Transfusions Today (videotape). See MEDICAL DEVICES AND PROCEDURES.

Facts About AIDS. Gives most recent information about this disease—how it is transmitted, how it affects the body, and forms of treatment.

■ Single copy free from the National Maternal and Child Health Clearinghouse.

Latest Facts About AIDS. A series of brochures produced by the American Red Cross and the Public Health Service, that inform the public about the causes, modes of transmission, and other areas of concern about this disease. Materials can be ordered by writing to AIDS, Suite 700, 1555 Wilson Blvd, Rosslyn, VA 22209.

AIDS and Children—Information for Parents of School Age Children
AIDS and Children—Information for Teachers and School Officials
AIDS and Shooting Drugs
AIDS, Sex and You
AIDS and Your Job—Are There Risks?
Caring for the AIDS Patient at Home
"Don't listen to rumors about AIDS. Get the facts!" (poster featuring Patti LaBelle)
Facts About AIDS and Drug Abuse
Gay and Bisexual Men and AIDS
If Your Test for Antibody to the AIDS Virus Is Positive . . .
What Everyone Should Know About AIDS (available in Spanish)
What Gay and Bisexual Men Should Know About AIDS
Why You Should Be Informed About AIDS (for health care workers)

Preventing the Transmission of Hepatitis B, Aids and Herpes in Dentistry. See DENTAL HEALTH.

Surgeon General's Report on Acquired Immune Deficiency Syndrome. This detailed report gives the plain facts about the disease, how it is transmitted, the relative risks of infection, and how to protect yourself against the disease. (30 pages)

■ Single copy free from AIDS, P.O. Box 14252, Washington, DC 20044.

Understanding the Immune System. See INFECTIOUS DISEASES

What If the Patient Has AIDS? (videotape). Describes the precautions that health care professionals should take when caring for patients who have AIDS or who are in high risk groups. Discusses

the opportunistic infections associated with AIDS, methods of transmission, and how AIDS is NOT transmitted. (Revised, 22 minutes)

■ For sale by the National Audiovisual Center, $55

AGING

Age Pages. Presents information in a series of fact sheets, printed on two sides in large type, for a lay audience. The series includes:

Accidents and the Elderly (available in Spanish)
Aging and Alcohol Abuse
Aging and Your Eyes
Arthritis Advice (available in Chinese)
Be Sensible About Salt
Can Life Be Extended?
Cancer Facts for People Over 50 (available in Chinese)
Considering Surgery?
Constipation (available in Chinese)
Crime and the Elderly (available in Spanish)
Dealing With Diabetes (available in Chinese)
Dietary Supplements (available in Chinese)
Don't Take It Easy - Exercise!
Finding Good Medical Care
Foot Care for Older People (available in Spanish and Chinese)
Health Quackery
Hearing and the Elderly
Heat, Cold, and Being Old (available in Chinese)
High Blood Pressure (available in Chinese)
Hints for Shopping, Cooking and Enjoying Meals
Minorities and How They Grow Old (available in Chinese)
Osteoporosis: The Bone Thinner
Prostate Problems
Safe Use of Medicines by Older People (available in Chinese)
Safety Belt Sense
Senility: Myth or Madness?
Sexuality in Later Life
Skin: Getting the Wrinkles Out of Aging (available in Spanish)
Smoking: It's Never Too Late to Stop
Stroke
Taking Care of Your Teeth
Urinary Incontinence
What to Do About Flu (available in Chinese)
Who's Who in Health Care

■ Single copies of individual *Age Pages* and an *Age Page Compilation*, containing most of the titles, are available free of charge from the National Institute on Aging Information Center. Multiple copies of the *Age Page Compilation* can also be purchased from the Consumer Information Center, Order No. 179P for $3.50, or from the Superintendent of Documents, Order No. 017-062-001317-5, $3.50.

Age-Related Macular Degeneration. See VISION AND HEARING IMPAIRMENTS.

The Brain in "Aging" and Dementia. Discusses brain anatomy and physiology, the normal process of brain aging, and the brain in dementia. Vascular dementia and Alzheimer's disease are described. Research on the causes and treatment is discussed. From the *Medicine for the Layman* series. (30 pages)

■ Single copy free from the Office of Clinical Center Communications, Warren G. Magnuson Clinical Center, NIH Pub. No. 83-2625.

Diet and the Elderly. Discusses the specific nutrient needs of the elderly and possible dangers of food and drug interaction. (4 pages)

■ Single copy free from the Consumer Information Center, Order No. 517P.

Elder-Ed: An Education Program for Older Americans: Using Medecines Wisely. Contains information on the do's and don'ts of taking medicines and on generic drugs. (26 pages)

■ Single copy free from the National Clearinghouse for Drug Abuse Information, DHHS Pub. No. 78-705; for sale by the Superintendent of Documents, Stock No. 017-024-00969-5, $4.75, $90 for 100 copies.

Fact Sheet: Depression in the Elderly. Pays particular attention to depression as it affects the elderly. Discusses symptoms, treatments, physical problems, medications, and personal relationships that provide support and encouragement. Provides information on prevention and intervention. (3 pages)

■ Single copy free from the National Institute of Mental Health, DHHS Pub. No. 80-0932.

Healthy Older People Posters. Five posters giving facts on nutrition, exercise, smoking, injury prevention, and the safe use of medicines. (10" × 34")

■ Available from the ODPHP Health Information Center, minimum order of 5 in any combination, $3 handling fee.

Healthy Older People Skill Sheets. A set of five fact sheets, in large type, giving basic information on nutrition, exercise, smoking, injury prevention, and the safe use of medicines. Reproducible slicks also available. (12" × 17" each)

■ Single sets available from the ODPHP Health Information Center, $2 handling fee.

Osteoporosis, Calcium and Estrogens. See WOMEN'S HEALTH.

Osteoporosis: Cause, Treatment, Prevention. Discusses this bone-thinning condition to which many older women are prone.

■ Single copy free with a business-sized, self-addressed envelope with $.44 postage from Osteoporosis Booklet, NIAMS National Institutes of Health, Building 31, Room 9A04, Bethesda, MD 20892. NIH Pub. No. 86-2226.

Plain Talk About Aging. Discusses the experience of growing old —the changing roles, economic status, family patterns, friendships, and other social networks, as well as changing behaviors in mind and treatment and body. Emphasizes that growing old successfully calls for careful planning and provides questions that can be used in planning for old age positively. (4 pages)

■ Single copy free from the National Institute of Mental Health.

Q & A: Alzheimer's Disease. Addresses fundamental issues related to the causes, symptoms, and treatment of this disease as well as research efforts surrounding it. (12 pages)

■ Single copy free from the National Institute on Aging Information Center, NIH Pub. No. 81-1646.

Rheumatic Diseases and the Older Adult: An Annotated Bibliography, 1986. Contains 86 references, with abstracts, to the health care literature for physicians, allied health professionals, and others interested in geriatric medicine and geriatric rheumatology. (43 pages)

■ For sale by the National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse, $4.

Understanding Paget's Disease. Describes this disease of bone, which occurs most frequently between the ages of 50 and 70. Includes symptoms, diagnosis, treatment, and outlook. (11 pages)

■ Single copy free from the National Institute of Arthritis and Musculoskeletal and Skin Diseases, NIH Pub. No. 85-2241.

A Winter Hazard for Older People: Accidental Hypothermia. Warns the elderly to protect themselves against accidental hypothermia, a progressive drop in deep body temperature that can be fatal if not detected in time and treated properly. (12 pages)

■ Single copy free from the National Institute on Aging Information Center, NIH Pub. No. 81-1464.

Wise Use of Drugs: A Program for Older Americans (film, videotape). Gives older people advice on taking medicine at home and preventing drug dependence. Stresses the importance of exchanging complete information with physicians about drugs being used, gives tips for productive visits

to the doctor, and suggests ways to cut the costs of medicine and medical services. See also the Elder-Ed publications cited earlier in this section. (31 minutes)

■ For sale by the National Audiovisual Center. 16mm film, rental $30, sale $330; videocassette, sale only, $105.

You and Your Aging Parents (videotape). Describes the stresses associated with growing old. Addresses the challenge of the "sandwich generation"—middle-aged people caught between raising their own children and caring for aging parents. Guides on coping and scientific findings on aging are presented. From the *Medicine for the Layman* series. (58 minutes)

■ For sale by the National Audiovisual Center, $155. Also available on free loan, to educators and institutions, from Modern Talking Picture Service, Inc.

ALCOHOL AND ALCOHOLISM

Aging and Alcohol Abuse. See AGING.

Alcohol Reference Materials. The National Clearinghouse for Alcohol Information (NCALI) prepares reference materials on a variety of frequently requested topics. These materials give a broad overview of the topic and provide additional sources of information to the user.

■ Single copies of the following are available from NCALI at no cost.

Alcohol Resources: Updates ————

Activity Sampler for College Prevention Programs. Order No. MS314.
Alcohol and Black Americans. Order No. MS319.
Alcohol and the Body. Order No. MS251.
Alcohol and Crime. Order No. MS326.
Alcohol and the Elderly. Order No. MS306.
Alcohol and Hispanics. Order No. MS309.
Alcohol and Safety. Order No. MS311.
Children of Alcoholics. Order No. MS321.
Elementary School Children Alcohol Education. Order No. MS315.
Fetal Alcohol Syndrome. Order No. MS304.
Health Insurance and Alcoholism. Order No. MS307.
Prevention of Alcohol Problems. Order No. MS305.
Sex-Related Alcohol Effects. Order No. MS247.

In Briefs and Research Reviews ————

Alcohol and Hispanic Americans. Order No. RP0253.
Alcohol and Native Americans. Order No. RP0307.

Alcohol Topics: Fact Sheets ————

Alcohol-Related Fatal Motor Vehicle Accidents—1983. Order No. MS312.
Drinking Patterns and Problems Among Women. Order No. MS332.
Fetal Alcohol Syndrome. Order No. MS303.
Legal Drinking Age Summary 1986. Order No. MS308.
Treatment for Alcohol Problems: How to Find Help. Order No. MS299.
Use of Alcohol by High School Students. Order No. MS322.

Alcohol Resources: Directories ————

Self Help Groups for Professionals and Special Populations. Order No. MS330.
FAS Campaign Coordinators. Order No. MS328.
National Prevention Network. Order No. MS310.
Publishers of Books on Alcohol Topics. Order No. MS313.
State & Territorial Alcoholism Program Directors. Order No. MS260.
State & Territorial Occupational Alcoholism Program Consultants. Order No. MS324.
Alcohol-Related Periodicals. Order No. MS324.

America on the Rocks (videotape). Robert Mitchum narrates this popular documentary that looks at America's number one drug problem: alcohol. This documentary neither scolds nor tries to scare, but presents forcefully the true dimensions of our national problem. (29 minutes)

■ For sale by the National Audiovisual Center, $110.

Aspects of Alcoholism (videotape). Discusses the clinical definition of alcoholism and outlines the symptoms and diagnostic criteria physicians use to define the disease. Illustrates the important genetic factor in alcoholism with typical family profiles. Describes the physical complications of alcoholism— particularly central nervous system damage, Korsakoff's disease and alcoholic dementia—and discusses treatment alternatives. From the *Medicine for the Layman* series. (58 minutes)

■ For sale by the National Audiovisual Center, $155. Also available on free loan, to educators and institutions, from Modern Talking Picture Service, Inc.

Buzzy's Rebound. Features Fat Albert and the Cosby Kids in a comic book written for pre-adolescents. Discusses the consequences of teen alcohol use. (18 pages)

■ Single copy free from the National Clearinghouse for Alcohol Information, Order No. PH232.

Cirrhosis of the Liver. See DIGESTIVE DISEASES.

Communicating with Youth About Alcohol: Methods, Messages, and Materials. Discusses developing messages and materials about alcohol that appeal to youth. Includes recent data on the knowledge, attitudes, and practices of youth related to alcohol. (30 pages)

■ Single copy free from the National Clearinghouse for Alcohol Information, Order No. PH228.

Eat, Drink, and Be Wary (videotape). Deals with aspects of social drinking in our society today. Four vignettes present various situations of social drinking and the problems that can result in each. Concludes with a message about the consequences of alcohol abuse.

■ For sale by the National Audiovisual Center, $95.

For Women Who Drink. Includes information on finding treatment for women who think they may have an alcohol problem. (13 pages)

■ Single copy free from the National Clearinghouse for Alcohol Information, Order No. PH182.

A Growing Concern: How to Provide Services for Children of Alcoholic Families. Informs caregivers and professionals about issues and strategies for providing services to children from homes with alcoholism. Integrates theories, research, and applications identified through literature reviews. (52 pages)

■ Single copy free from the National Clearinghouse for Alcohol Information, DHHS Pub. 83-1257, Order No. PH196.

Helping Your Pre-Teen Say "No": A Parent's Aid. Designed to assist parents in guiding their pre-teens away from experimentation with alcohol, tobacco, and other drugs. This booklet is a summary of the longer booklet, *10 Steps to Help Your Pre-Teen Say "No"* listed later in this section. (12 pages)

■ Single copy free from the National Clearinghouse for Alcohol Information, Order No. PH229.

An Inner Voice (poster). Promotes abstinence during pregnancy, with a message targeted to Native Americans but useful for all audiences. (31" x 19", color)

■ Single copy free from the National Clearinghouse for Alcohol Information, Order No. AV161.

Is Beer a Four Letter Word? Contains project ideas, materials, suggestions, and alcohol education concepts for youth from sources across the country. Directed at young people, it is intended to encourage them to initiate alcohol abuse prevention projects. (58 pages)

■ Single copy free from the National Clearinghouse for Alcohol Information, DHHS Pub. No. 80-725, Order No. PH95; for sale by the Superintendent of Documents, Stock No. 017-024-00800-1, $5.50, 100 for $145.

Jackson Junior High - A Series (films/videotapes). Consists of four programs to help junior high school students and their parents explore the facts about alcohol.

For descriptions see separate entries below. Each film and videocassette runs 15 minutes.

■ Available individually or as a set from the National Audiovisual Center. Each 16mm film, rental $30, sale $160, each videocassette, sale only, $80. Set: four 16mm films, rental $120, sale $610; four videocassettes, sale only, $290.

Barbara Murray. Presents the origins and history of alcohol in a variety of cultures through interviews with drinkers and abstainers. Emphasizes that drinking should be a matter of conscious personal choice.

Like Father, Like Son. Poses questions about alcoholism in a family and about ways friends and relatives can help. Story revolves around a boy whose father drinks excessively. The audience must discuss the issues and do research to find answers to the film's questions.

The Party's Over. Shows what happens when alcohol is brought to a teenage party, illustrating peer pressure, parental example, responsibility, and maturity.

Route One. Traces the passage of alcohol through the bloodstream and explains the biochemical effects of various levels of alcohol in the blood. Discusses the use of alcohol for ceremony and celebration and responsibility in its use.

Martin Luther King (poster). Message states "Live the Dream . . . Say No to Alcohol and Drug Abuse." (22" × 15-1/2", black and white)

■ Single copy free from the National Clearinghouse for Alcohol Information, Order No. AV165.

My Baby . . . Strong and Healthy. Recommends that women not drink if pregnant or planning to become pregnant. Describes the risks and potential effects of drinking on the unborn baby. (16 pages)

■ Single copy free from the National Clearinghouse for Alcohol Information, Order No. PH225; for sale by the Superintendent of Documents, Stock No. 017-024-01276-9, $1.

Preventing Fetal Alcohol Effects: A Practical Guide for Ob/Gyn Physicians and Nurses. Offers information to help health care professionals identify patients at risk for the health problems associated with alcohol consumption during pregnancy. (20 pages)

■ Single copy free from the National Clearinghouse for Alcohol Information, DHHS Pub. No. 81-1163, Order No. PH184H; for sale by the Superintendent of Documents, Stock No. 017-024-01111-8, $2.25.

Prevention Plus: Involving Schools, Parents, and the Community in Alcohol and Drug Education. Presents a comprehensive approach to alcohol and other drug abuse prevention among youth. Describes in detail the operation of six model prevention programs. Includes resource pages of sample materials from each program. (324 pages)

■ Single copy free from the National Clearinghouse for Alcohol Information, Order No. BK113; for sale by the Superintendent of Documents, Stock No. 017-024-01217-3, $9.

Quicklist: 10 Steps to Help Your Pre-Teen Say "No" (poster). Lists 10 steps that parents can use to help their pre-teenagers say "no" to alcohol and other drugs. (8-1/2" × 24" black and white)

■ Single copy free from the National Clearinghouse for Alcohol Information, Order No. PH230.

Reverend Jesse Jackson (poster). Message of this poster states, "We can march, run, or crawl to freedom but we cannot stagger to freedom. Help prevent alcohol abuse." (22-1/2" × 16", black and white)

■ Single copy free from the National Clearinghouse for Alcohol Information, Order No. AV99.1.

School (poster). Message of this poster states, "Look school's already hard

enough, why would I want to get drunk and make it worse?" (22-1/2" × 16", black and white)

■ Single copy free from the National Clearinghouse for Alcohol Information, Order No. AV99.3.

Spirits of America (film, videotape). Deals with issues, attitudes, and standards of American drinking patterns and the historical and cultural aspects associated with them.

■ For sale by the National Audiovisual Center. 16mm film, rental $30, sale $200; videocassette, sale only, $80.

10 Steps to Help Your Pre-Teen Say "No". Designed to assist parents in guiding their pre-teens away from experimentation with alcohol, tobacco, and other drugs. Can also be used in workshops to enhance parenting and general communication skills. See also *Helping Your Pre-Teen say "No"* in this section. (24 pages)

■ Single copy free from the National Clearinghouse for Alcohol Information, Order No. PH231.

Think You Don't Have to Drink. Presents basic facts and a prevention message about alcohol for teenagers. (8 pages)

■ Single copy free from the National Clearinghouse for Alcohol Information, Order No. PH226; for sale by the Superintendent of Documents, Stock No. 017-024-01289-1, 100 for $27.

Under the Influence (videotape). Documents a test of driving proficiency (or danger of driving) at .10 blood/alcohol. Conducted at California State Police Driving Academy, the test compared drivers' ability to negotiate a driving course sober and after 5-6 drinks. (25 minutes)

■ For sale by the National Audiovisual Center, $110.

Until I Get Caught (videotape). Presents a documentary look at the issue of driving while intoxicated in America. Features interviews with survivors of the victims killed by drunken drivers. Discusses the problem and potential solutions. Narrated by Dick Cavett. (20 minutes)

■ For sale by the National Audiovisual Center, $95.

Women and Alcohol Problems: Tools for Prevention. Discusses the prevention of women's alcohol problems. Intended for use by professionals, teachers, and community groups, as well as individual women and their families. (27 pages)

■ Single copy free from the National Clearinghouse for Alcohol Information, Order No. PH220.

For more information about Alcohol contact The National Clearinghouse for Alcohol Information, see page 49.

ALLERGIES

Allergies. Discusses the basic mechanism in allergic reaction and the biochemical reactions that occur. Also addresses the treatment and control of allergies and certain side effects of drugs used in alleviating allergic reaction. From the *Medicine for the Layman* series. (25 pages)

■ Single copy free from the Office of Clinical Center Communications, Warren G. Magnuson Clinical Center, NIH Pub. No. 81-1948.

Allergies: Questions and Answers. Answers a broad range of general questions about allergies: what they are, their symptoms, prevention, cause, diagnosis, and treatment. (7 pages)

■ Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 81-189. For sale by the Superintendent of Documents, Stock No. 017-044-0049-4, $16 for 100 copies.

Coping With Your Allergies at Home, at School, and on the Job (slide set). Tells how to manage and avoid the discomfort

of allergic attacks. (10 minutes)

■ For sale by the National Audiovisual Center, 40 color slides, audiocassette, script, $33.

Drug Allergy. Discusses allergic reactions to drugs and how they differ from other adverse reactions. Explains the symptoms, diagnosis, and treatment as well as the most common causes of drug allergy. (22 pages)

■ Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 82-703.

Dust Allergy. Addresses the problem of allergy to house dust, dust in the air, and occupational dusts. Discusses causes, symptoms, diagnosis, and treatment. (12 pages)

■ Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 83-490; for sale only in packs of 100 by the Superintendent of Documents, Stock No. 017-044-00040-1, $21 per 100 copies.

Insect Allergy. Describes the symptoms, diagnosis, and treatment of allergic reactions to insect stings. (23 pages)

■ Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 82-1046.

Mold Allergy. Defines mold allergy, which molds cause problems, where molds grow, mold counts and diagnostic tests, treatment, and research on mold allergy. (16 pages)

■ Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 84-797. For sale by the Superintendent of Documents, Stock No. 017-044-00042-7, $26 for 100 copies.

Poison Ivy Allergy. Provides information about allergic reactions to poison ivy, poison oak, and poison sumac, including symptoms and treatment. (16 pages)

■ Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 82-897. For sale by the Superintendent of Documents, Stock No. 017-044-00039-7, $29 for 100 copies.

Pollen Allergy. Talks about the allergic process and about the symptoms, causes, and treatment of pollen allergy or hay fever. (20 pages)

■ Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 76-493.

ARTHRITIS

Arthritis. Discusses snake venom, vibrating chairs, special diets, and other frauds perpetrated as cures for arthritis, rheumatism, and gout; describes major forms of the disease and medically sound treatments, and gives information on DMSO. (7 pages)

■ Single copy free from the Consumer Information Center, Order No. 556I'.

Arthritis Advice. See *Age Pages* under AGING.

Arthritis in Children: An Annotated Bibliography, 1986. Contains 91 references, with abstracts, to printed and audiovisual resources for children, parents, and teachers. (38 pages)

■ For sale by the National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse, $3.

Arthritis and Employment: A Selected Bibliography, 1984. Contains 57 references, with abstracts, to publications on the socioeconomic effects of arthritis on the individual and the community, disability evaluation of arthritic disorders, vocational rehabilitation of persons with arthritis, and employment-related musculoskeletal problems. (28 pages)

■ For sale by the National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse, $3.

Arthritis Today. Reviews the anatomy of joints and the ways in which arthritis interferes with normal function. Gout, rheu-

matoid arthritis, and osteoarthritis are discussed, as well as treatment. One of the *Medicine for the Layman* series. (27 pages)

■ Single copy free from the Office of Clinical Center Communications, Warren G. Magnuson Clinical Center, NIH Pub. No. 83-1945.

Arthritis Today (videotape). Covers the same material as the pamphlet described in the previous entry. From the *Medicine for the Layman* series. (60 minutes)

■ For sale by the National Audiovisual Center, $155; also available on free loan, to educators and institutions, from the Modern Talking Picture Service, Inc.

Diet and Arthritis: An Annotated Bibliography, 1986. Contains 36 references, with abstracts, to the literature concerning the role of diet in the treatment of arthritis. (16 pages)

■ For sale by the National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse, $2.

Directory of Information Sources, 1986. Contains specialized sources of information on arthritis and musculoskeletal and skin diseases. Resources include associations, foundations, clearinghouses, Government agencies, and medical and health databases. (52 pages)

■ For sale by the National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse, $4.

Exercise and Arthritis: An Annotated Bibliography, 1986. Contains 37 references, with abstracts, to books, pamphlets, and audiovisual resources suitable for persons with arthritis or the health professionals who work with them. Included are resources for developing an aquatic exercise program, initiating a home maintenance program, and exercises specifically for children. (20 pages)

■ For sale by the National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse, $4.

For Treating Arthritis, Start With Aspirin. Describes the major forms of arthritis and drugs commonly used for treatment. (4 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 84-3145; and from the Consumer Information Center, Order No. 547P.

Hocus-Pocus as Applied to Arthritis. Cautions consumers against the many products and promotions that promise impossible cures and relief, sometimes with tragic consequences. (8 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 85-1080.

Osteoarthritis Patient Education Materials: An Annotated Bibliography, 1985. Contains 52 references, with abstracts, to books, pamphlets, and audiovisual materials; designed to assist health professionals select appropriate materials for their patients. (21 pages)

■ For sale by the National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse, $3.

Psychosocial Aspects of Rheumatic Diseases: An Annotated Bibliography, 1985. Contains 70 references, with abstracts, to the professional literature on the effect of arthritis on the emotions and personality of adults and children, on psychological precursors to the onset of disease, and on behavioral psychological techniques in treatment and rehabilitation. (36 pages)

■ For sale by the National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse, $3.

Rheumatoid Arthritis Patient Education Materials: An Annotated Bibliography, 1984. Contains 134 references, with abstracts to books, pamphlets, and audiovisual materials; designed to assist health professionals select appropriate materials for their patients. (54 pages)

■ For sale by the National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse, $4.

Sexuality and the Rheumatic Diseases: An Annotated Bibliography, 1986. Contains selected references, with abstracts, to the literature on the effect of arthritis on intimacy and sexuality. While the majority are directed at the health professional and counselor, 16 references to books and pamphlets for the patient are included. (26 pages)

■ For sale by the National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse, $3.

For more information about Arthritis contact The National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse, see page 49.

CANCER

Annual Report on Carcinogens. Identifies approximately 150 substances and processes and gives summaries of the evidence for their link with cancer in humans and laboratory animals. Also provides information on production, use, population exposed, cities, and Federal regulations that protect the public health.

■ Single copy of abridged version free from the National Toxicology Program.

Breast Cancer (videotape). Discusses breast cancer. Reviews the risk factors, such as family history, birth control pills, and diet. Treatment options are also presented. Describes the effectiveness of radical mastectomy and less extensive surgical procedures, as well as surgery combined with chemotherapy. New breast reconstruction procedures are explained. From the *Medicine for the Layman* series. (60 minutes)

■ For sale by the National Audiovisual Center, $130.

Breast Cancer: We're Making Progress Every Day. Summarizes current information about breast cancer, including risks and signs of the disease; mammography, biopsy, and treatment options; breast reconstruction; and rehabilitation. Includes illustrated guide for breast self-examination. (12 pages)

■ Single copy free from the National Cancer Institute, NIH Pub. No. 86-2409.

Breast Cancer: We're Making Progress Every Day (videotape, slide set). Provides an overview of the progress being made in breast cancer detection, diagnosis, treatment, and breast reconstruction. Gives step-by-step instruction on how to perform breast self-examination. Print materials included are a user's guide, Breast Cancer Digest, two posters, an advertisement, and 25 brochures.

■ For sale by the National Audiovisual Center. Videocassette, print materials, $80; 80 slides, audio cassette, print materials, $45.

BSE In Hospitals (videotape). This is an instructional program designed to help nurses teach hospitalized women how to perform breast self-examination. It includes an overview of the progress being made in breast cancer, anatomy and physiology of the breast, and how to teach breast self-examination. (32 minutes) Also available in slide and audiocassette version.

■ For sale by the National Audiovisual Center, $125.

Cancer and the Environment (videotape). Reviews the evidence that many types of cancer are caused or aggravated by environmental factors such as chemical and industrial pollution, auto emissions, diet, estrogen, and tobacco. Explains about the problems of the industrial environment, testing drugs and chemicals, disease prevention, and risk assessment. (60 minutes)

■ For sale by the National Audiovisual Center, $55.

Cancer Facts for People Over 50. See *Age Pages* under AGING.

Cancer Treatment. See MEDICAL DEVICES AND PROCEDURES.

Cancer: What Is It? (videotape). An overview of the nature of cancer is presented. Compares the behavior of malignant cells with normal cells, their similarities and differences. Also reviews what scientists know about cancer and the hope for the future. From the *Medicine for the Layman* series. (60 minutes)

■ For sale by the National Audiovisual Center, $155.

Control and Prevention of Malignant Melanoma: A Program for Melanoma-Prone Families (videotape). Discusses danger signs, skin self-examination, and melanoma prevention techniques. (27 minutes)

■ For sale by the National Audiovisual Center, $90.

Diet, Nutrition and Cancer Prevention: A Guide to Food Choices. Describes what is known about the interrelationships of diet, nutrition, and cancer prevention. Provides current information about food components that affect your risk of developing certain cancers. (51 pages)

■ Single copy free from the National Cancer Institute, NIH Pub. No. 85-2711.

Environment and Disease. Discusses the impact of chemicals in our environment, evidence linking pollutants to human disease, and carcinogenicity. From the *Medicine for the Layman* series. (29 pages)

■ Single copy free from the Office of Clinical Center Communications, Warren G. Magnuson Clinical Center, NIH Pub. No. 82-2368.

Everything Doesn't Cause Cancer. Answers some common questions about the causes and prevention of cancer and about the laboratory animal tests that identify carcinogens. Methods for testing chemicals and test results are emphasized. For the general public. (16 pages)

■ Single copy free from the National Cancer Institute, NIH Pub. No. 84-2039; and from the Consumer Information Center, Order No. 566P.

Good News, Better News, Best News: Cancer Prevention. Discusses avoidable cancer risks and gives steps that one can take every day to prevent cancer. (20 pages)

■ Single copy free from the National Cancer Institute, NIH Pub. No. 84-2671; and from the Consumer Information Center, Order No. 560P.

Interferon (videotape). See PHARMACEUTICALS.

Lo que usted debe saber sobre el cancer *(What You Need to Know About Cancer).* A bilingual booklet that answers questions about the causes, prevention, detection, and treatment of cancer. (33 pages)

■ Single copy free from the National Cancer Institute, NIH Pub. No. 83-1828.

Questions and Answers About Breast Lumps (Revised). Describes some of the most common noncancerous breast lumps and what can be done about them. Includes instructions for breast self-examination and a glossary of terms. (14 pages)

■ Single copy free from the National Cancer Institute, NIH Pub. No. 86-2401.

Radiation, Chemotherapy and Dental Health. For patients about to undergo radiation therapy for the head or neck, or cancer chemotherapy, alerting them to possible dental problems that could occur. Also describes important preventive procedures. (4 pages)

■ Single copy free from the National Institute of Dental Research, NIH Pub. No. 81-2090.

Radiation Risks and Radiation Therapy. See MEDICAL DEVICES AND PROCEDURES.

Testicular Self-Examination. Contains information about risks and symptoms of testicular cancer and provides instructions on how to perform a self-examination.

■ Single copy free from the National Cancer Institute, NIH Pub. No. 86-2636.

What Black Americans Should Know About Cancer. Explains the rates and risks

of cancer among Blacks and answers the most often asked questions on cancer, its causes, detection, prevention, treatment, rehabilitation, and common misconceptions. Includes instructions for breast self-examination. (28 pages)
■ Single copy free from the National Cancer Institute, NIH Pub. No. 82-1635.

For more information about Cancer contact The Office of Cancer Communications, National Cancer Institute, see page 49.

CARDIOVASCULAR DISEASES

Arteriosclerosis. Discusses the development of arteriosclerosis, risk factors, and prevention. (22 pages)
■ Single copy free from the National Heart, Lung, and Blood Institute, DHHS Pub. No. 79-1421.

A Word About Low Sodium Diets. See NUTRITION.

Cholesterol, Diet, and Heart Disease (videotape). Discusses cholesterol, and how it builds up in the vessels with serious results. Explains what happens and reveals that scientists now believe there is a "good" cholesterol that is correlated with a healthy circulatory system. From the *Medicine for the Layman* series. (60 minutes)
■ For sale by the National Audiovisual Center, $155.

Community Guide to High Blood Pressure Control. Gives overview of the problem of high blood pressure and describes community programs to control it. Gives information on funding, other resources, and references. (137 pages)
■ Single copy free from the High Blood Pressure Information Center, NIH Pub. No. 82-2333.

Como diagnostican los medicos las enfermedades del corazon. Spanish version of *How Doctors Diagnose Heart Disease.*
■ Single copy free from the National Heart, Lung, and Blood Institute, NIH Pub. No. 78-1009.

Cooley's Anemia: Prevention Through Understanding. Defines Cooley's anemia, its causes, symptoms, and treatment. Discusses prevention through testing and genetic counseling. Current research is described and a glossary of terms is included. (16 pages)
■ Single copy free from the National Heart, Lung, and Blood Institute, NIH Pub. No. 80-1269.

Coronary Heart Disease: Roles of Surgery and Balloon Dilatation. See MEDICAL DEVICES AND PROCEDURES.

Diabetes and Cardiovascular Disease. See DIABETES.

Diet, Exercise, and Other Keys to a Healthy Heart. Explains heart attacks, risk factors, and treatment. (8 pages)
■ Single copy free from the Consumer Information Center, Order No. 607P.

Exercise and Your Heart. See PHYSICAL FITNESS AND EXERCISE.

Good Sense About Sodium (slide set). Gives information about sodium and salt and their possible link to high blood pressure. Suggests ways to cut down on sodium. Available in Spanish. (3 minutes)
■ Available only through Consumer Affairs Officers in FDA district offices. 25 slides, audiocassette, script; videocassette also available.

The Heart: Diagnosis and Treatment. Discusses new findings in clinical cardiology, new and powerful techniques to diagnose abnormalities in the pumping function of the heart, and new concepts in treating patients who come to the hospital with an acute heart attack. From the *Medicine for the Layman* series. (27 pages)
■ Single copy free from the Office of Clinical Center Communications, Warren G.

Magnuson Clinical Center, NIH Pub. No. 81-1809.

Heart Attacks. Discusses heart attacks, causes, symptoms, risk factors, treatment, and research. (20 pages)
■ Single copy free from the National Heart, Lung, and Blood Institute, NIH Pub. No. 86-2700.

Heart Attacks (videotape). Same as above publication, with encouraging evidence that cardiovascular death rates have recently decreased due to people's willingness to change diet and lifestyle. From the *Medicine for the Layman* series. (60 minutes)
■ For sale by the National Audiovisual Center $155. Also available on free loan, to educators and institutions, from the Modern Talking Picture Service, Inc.

The Heart: Diagnosis and Treatment. See MEDICAL DEVICES AND PROCEDURES.

High Blood Pressure: A Common but Controllable Disorder. See *Age Pages* under AGING.

High Blood Pressure and What You Can Do About It. Describes the serious nature of high blood pressure, myths and facts about this condition, and drug therapy. (32 pages)
■ Single copy free from the High Blood Pressure Information Center.

High Blood Pressure Control Programs at the Worksite. Describes the impact of high blood pressure on the workplace and offers guidelines for implementing worksite high blood pressure control programs. (12 pages)
■ Single copy free from the National Heart, Lung, and Blood Institute, NIH Pub. No. 83-1125.

High Blood Pressure: Things You and Your Family Should Know. Describes high blood pressure, its control, medication, nondrug treatment, and family support. Also available in Spanish. (8 pages)
■ Single copy free from the High Blood Pressure Information Center, NIH Pub. No. 86-2025.

How Doctors Diagnose Heart Disease. Presents information on diagnosis and treatment of coronary artery disease, including catheterization, electrocardiograms, exercise testing, and cineangiography. Available in Spanish.
■ Single copy free from the National Heart, Lung, and Blood Institute, NIH Pub. No. 81-753.

NHLBI Facts About Blood Cholesterol. Defines and discusses cholesterol, coronary heart disease risk factors and lipoproteins. Gives tips for lowering blood cholesterol by diet. (1 page)
■ Single copy free from the National Cholesterol Education Progam, NIH Pub. No. 86-2696.

NHLBI Facts About Exercise series. See PHYSICAL FITNESS AND EXERCISE.

NHLBI Facts About . . . Mitral Valve Prolapse. Explains what mitral valve prolapse is, its diagnosis and treatment. (2 pages)
■ Single copy free from the National Heart, Lung, and Blood Institute.

Nutrition and Your Health: Dietary Guidelines for Americans. See NUTRITION.

On Being Too Rich, Too Thin, Too Cholesterol Laden. See NUTRITION.

The Physician's Guide: How to Help Your Hypertensive Patients Stop Smoking. Shows what physicians can do within a busy office practice to persuade hypertensive patients to stop smoking. (24 pages)
■ Single copy free from the High Blood Pressure Information Center, NIH Pub. No. 84-1271.

Presion alta: lo que usted y su familia deben saber. Spanish version of *High Blood Pressure: Things You and Your Family Should Know.*

Questions About Weight, Salt and High Blood Pressure. Answers questions about the relationship between diet and high blood pressure. (8 pages)

■ Single copy free from the High Blood Pressure Information Center, NIH Pub. No. 86-1459.

Stroke (videotape). Discusses three kinds of stroke. Describes the warning symptoms, how stroke affects the central nervous system, and what can be done to rehabilitate the stroke victim. Explains how diagnostic techniques use space age technology to view the brain in a dynamic, living situation. From the *Medicine for the Layman* series. (60 minutes)

■ For sale by the National Audiovisual Center, $155.

Stroke: Hope Through Research. Reports on risk factors associated with stroke and ways to reduce the risk. Discusses the causes, diagnosis, and treatment of stroke as well as advances in stroke research.

■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke, NIH Pub. No. 83-2222; for sale by the Superintendent of Documents, Stock No. 017-049-00129-8, $1.75.

Test Your Healthy Heart I.Q.! Fourteen questions and answers about cardiovascular and pulmonary risk factors. (2 pages)

■ Single copy free from the National Heart, Lung, and Blood Institute, NIH Pub. No. 85-2724.

A 12-Step Plan to Citizen CPR Training (videotape). Tells how to develop a successful CPR instruction program or improve an existing one. (16 minutes)

■ For sale by the National Audiovisual Center, $95.

What You Should Know About Stroke and Stroke Prevention. Discusses causes of stroke and presents ten commandments for stroke prevention. Talks briefly about what to do if a stroke occurs. (16 pages)

■ Single copy free from the National Institute of Neurological and Communicative Diseases and Stroke, NIH Pub. No. 81-1909; for sale by the Superintendent of Documents, Stock No. 017-049-00107-7, $2.

For more information about Cardiovascular Health contact The National Cholesterol Education Program or The High Blood Pressure Information Center, see page 50.

CHILD ABUSE

Child Abuse and Neglect: A Brief Overview. Discusses signs of child abuse, how to recognize them, and how and when to report them. Includes a listing of resources and a bibliography. (15 pages)

■ Single copy free from the Clearinghouse on Child Abuse and Neglect.

Child Abuse and Neglect: An Informed Approach to a Shared Concern. Gives information on the signs and symptoms of child abuse and how to obtain help. Includes a bibliography. (26 pages)

■ Single copy free from the Clearinghouse on Child Abuse and Neglect.

Child Sexual Abuse Prevention: Tips for Parents. Tells parents how to recognize signs of sexual abuse and how to prevent it. (3-fold pamphlet)

■ Free from the Clearinghouse on Child Abuse and Neglect.

For more information about Child Abuse contact The Clearinghouse on Child Abuse and Neglect, see page 49.

DENTAL HEALTH

Detection and Prevention of Periodontal Disease in Diabetes. See DIABETES.

The Dental Plaque Battle Is Endless, But Worth It. Gives early signs of gum disease; how to avoid it by taking good care of your teeth and gums. (2 pages)
■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 85-3148; and from the Consumer Information Center, Order No. 564P.

Diabetes and Dental Health. See Detection and Prevention of Periodontal Disease in Diabetes, under DIABETES.

Fluoridation is for Everyone. Discusses fluoridation as a major health benefit and a universal need. Includes a map showing each State's percentage of fluoridation. (4 pages)
■ Single copy free from Dental Disease Prevention Activity, Centers for Disease Control, DHHS Pub. No. 77-8334.

Fluoridation . . . Nature's Way to Prevent Tooth Decay. Discusses fluoride ions and natural and adjusted fluoridation, and stresses benefits of fluoridation. (4 pages)
■ Single copy free from Dental Disease Prevention Activity, Centers for Disease Control, DHHS Pub. No. 81-8321.

Fluoride Mouthrinsing in Schools . . . Protection for Children's Teeth. Explains how the incidence of new tooth decay can be reduced by about 35 percent for children aged 5 to 17 who participate in weekly, school-based mouthrinsing programs. (6 pages)
■ Single copy free from the National Institute of Dental Research.

Fluoride Tablets . . . A Healthier Smile for School Children. Discusses the dental health benefits of a school-based fluoride tablet program for children in kindergarten through eigth grade. (6 pages)
■ Single copy free from the National Institute of Dental Research, NIH Pub. No. 82-1197.

Fluoride to Protect Your Children's Teeth. Discusses community water fluoridation and alternative methods of fluoride application to prevent tooth decay. (6 pages)
■ Single copy free from the National Institute of Dental Research, NIH Pub. No. 82-1141.

A Healthy Mouth for You and Your Baby. A guide stressing good dental care during pregnancy, protecting both the mother's and baby's teeth. Also gives tips for the postnatal care and protection of baby's teeth. (16 pages)
■ Single copy free from the National Institute of Dental Research, NIH Pub. No. 86-1255.

A Healthy Start . . . Fluoride Tablets for Children in Preschool Programs. Informs parents of preschool children of the dental health benefits of fluoride tablets in fluoride-deficient areas. (4 pages)
■ Single copy free from the National Institute of Dental Research, NIH Pub. No. 82-1838.

Periodontal (Gum) Disease. Provides a brief overview of periodontal disease, describing the condition, contributing factors, different types, and ways to protect against this disease, which affects youths and adults. (8 pages)
■ Single copy free from the National Institute of Dental Research.

Periodontal Disease (videotape). Explains how periodontal disease is caused by certain bacteria infecting the gums and damaging supportive structures of the teeth; he describes several distinct forms of periodontal disease, their prevalence in the

population, and who is at highest risk. Measures that can be taken to prevent periodontal disease and the patient's role in achieving successful treatment are emphasized. From the *Medicine for the Layman* series. (58 minutes)

■ For sale by the National Audiovisual Center, $155.

Preventing Tooth Decay: A Guide to Implementing Self-Applied Fluoride Programs in School Settings. Explains the various steps and activities necessary to develop, implement, and monitor a fluoride tablet or fluoride mouthrinse program in school settings. (40 pages)

■ Single copy free from the National Institute of Dental Research.

Preventing the Transmission of Hepatitis B, AIDS, and Herpes in Dentistry. Recommends appropriate preventive measures for dental health care workers to minimize the risk of the transmission of these diseases to themselves, their families, and patients. (13 pages)

■ Single copy free from Dental Disease Prevention Activity, Centers for Disease Control.

Radiation, Chemotherapy and Dental Health. See CANCER.

Rx For Sound Teeth. Gives step-by-step instructions on how to control dental plaque and prevent diseases of the teeth and gums. (8 pages)

■ Single copy free from the National Institute of Dental Research, NIH Pub. No. 84-793.

Seal Out Dental Decay. Explains how dentists can provide protection against tooth decay by applying adhesive plastic materials to the chewing surfaces of the teeth. Also describes other dental uses of these plastic sealants. (4 pages)

■ Single copy free from the National Institute of Dental Research, NIH Pub. No. 80-1140.

Taking Care of Your Teeth. See *Age Pages* under AGING.

Tetracycline Stained Teeth. An informative look at tetracycline and its potential for tooth discoloration. Gives information on treatment for discolored teeth. (4 pages)

■ Single copy free from the National Institute of Dental Research, NIH Pub. No. 80-1679.

Tooth Decay. Gives an overview of dental caries (tooth decay), describing its causes and ways in which people can guard against it. (6 pages)

■ Single copy free from the National Institute of Dental Research, NIH Pub. No. 82-1146.

DIABETES

Dealing With Diabetes. See *Age Pages* under AGING.

Detection and Prevention of Periodontal Disease in Diabetes. Outlines the relationship existing between periodontal disease and diabetes. Focuses on the types of periodontal disease, early detection, treatment, and referral. (10 pages)

■ Single copy free from the National Institute of Dental Research, NIH Pub. No. 86-1148.

Diabetes and Cardiovascular Disease. Discusses the diabetic's risk of developing cardiovascular disease and preventive measures. (11 pages)

■ Single copy free from the National Heart, Lung, and Blood Institute, DHHS Pub. No. 77-1212.

The Diabetes Dictionary. An illustrated glossary of over 300 diabetes-related terms. The dictionary provides basic information for people who have diabetes and for their families and friends. Available in Spanish. (50 pages)

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■ Single copy for sale by the National Diabetes Information Clearinghouse, $1.

Diabetes and Your Eyes. Describes diabetic retinopathy and explains how it is detected and treated. Tells how patients can keep the disease under control. (16 pages)
■ Single copy free from the National Eye Institute.

Diabetes: An Overview. Explains the basic facts about diabetes, its signs, screening methods, and treatments. (2 pages)
■ Single copy free from the National Institute of Diabetes and Digestive and Kidney Diseases.

Facts About Insulin-Dependent Diabetes. Describes the symptoms, treatment, and risk of complications associated with the more serious form of diabetes. (11 pages)
■ Single copy free from the National Institute of Diabetes and Digestive and Kidney Diseases, NIH Pub. No. 80-2098.

Foot Care for the Diabetic Patient. Tells diabetics how they can help prevent the special foot problems to which they are susceptible. (2 pages)
■ Single copy free from the National Institute of Diabetes and Digestive and Kidney Diseases.

Glosario de Diabetes. Spanish version of *The Diabetes Dictionary.* (30 pages)
■ Single copies for sale by the National Diabetes Information Clearinghouse, $2.

The Prevention and Treatment of Five Complications of Diabetes, A Guide for Patients with an Introduction to Day-to-Day Management of Diabetes. Provides a general overview of diabetes and its management and includes guidelines for preventing the development of five major complications of diabetes: loss of vision, problems during pregnancy, foot problems, kidney damage, and ketoacidosis and high blood sugar. The book was developed by the International Diabetes Center, and the content is adapted from *The Prevention and Treatment of Five Complications of Diabetes, A Guide for Primary Care Practitioners, developed and published by the National Diabetes Advisory Board.* (28 pages)
■ For sale by the National Diabetes Information Clearinghouse, $1.

Self Blood Glucose Monitoring. Describes the purposes of and techniques for self blood glucose monitoring. Includes information about equipment needed. Question-and-answer format. Produced by the Juvenile Diabetes Foundation International. (4 pages)
■ Single copy free from the National Diabetes Information Clearinghouse.

For more information about Diabetes contact The National Diabetes Information Clearinghouse, see page 49.

DIGESTIVE DISEASES

Bleeding in the Digestive Tract. Discusses this frightening symptom of disease and what can be done to diagnose its cause in order to prevent or arrest digestive disease. Includes glossary. (4 pages)
■ Single copy free from the National Digestive Diseases Information Clearinghouse, NIH Pub. No. 86-1133.

Cirrhosis of the Liver. Explains that prevention is the best treatment because three-fourths of the cases in the U.S. are due to alcohol. Describes other causes, symptoms, diagnosis, and treatment, using diagrams. (4 pages)
■ Single copy free from the National Digestive Diseases Information Clearinghouse, NIH Pub. No. 84-1134.

The Colon Goes Up, Over, Down, and Out. While this part of the body is not generally discussed, it performs important functions and is the site of many problems, such as colitis, diverticulitis, and cancer. (6 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 84-1111; and from the Consumer Information Center, Order No. 562P.

Constipation. See *Age Pages* under AGING.

Diarrhea, Infectious and Other Causes. Explains what diarrhea is and what causes it, possible dangers, when to consult a doctor, treatment, and precautions for the traveler. (4 pages)
■ Single copy free from the National Digestive Diseases Information Clearinghouse, NIH Pub. No. 86-2749.

Digestive Health and Disease: A Glossary. Provides patients and health care consumers with an introduction to terminology useful in understanding medical information and communicating with health care professionals. (11 pages)
■ Single copy free from the National Digestive Diseases Information Clearinghouse, NIH Pub. No. 86-2750.

Facts and Fallacies about Digestive Diseases. Lists thirty common beliefs about digestive diseases, indicates which are misconceptions, and includes a brief commentary for each entry. (7 pages)
■ Single copy free from the National Digestive Diseases Information Clearinghouse, NIH Pub. No. 84-2673.

Gallstone Disease. Answers some common questions: Who gets gallstones? Why do they form? What are the complications? Why is surgery necessary? A glossary and an illustration of the digestive system are provided. (4 pages)
■ Single copy free from the National Digestive Diseases Information Clearinghouse, NIH Pub. No. 85-2752.

Gas in the Digestive Tract. An overview of causes and suggestions for reducing gas. A glossary is provided. (4 pages)
■ Single copy free from the National Digestive Diseases Information Clearinghouse, NIH Pub. No. 85-883.

Heartburn. Describes prevention of recurring heartburn, a common complaint that is sometimes confused with heart disease, a far more serious condition. (4 pages)
■ Single copy free from the National Digestive Diseases Information Clearinghouse, NIH Pub. No. 86-882.

IBD and IBS: Two Very Different Problems. A comparison of two conditions—inflammatory bowel disease and irritable bowel syndrome—that often cause similar symptoms but with different outcomes. (2 pages)
■ Single copy free from the National Digestive Diseases Information Clearinghouse.

Inflammatory Bowel Disease. Discusses the group of chronic digestive diseases of the small and large intestine, including symptoms and treatment. A diagram, glossary, and addresses of peer support groups are provided. (7 pages)
■ Single copy free from the National Digestive Diseases Information Clearinghouse, NIH Pub. No. 86-884.

Milk Intolerance Due to Lactose Deficiency. Describes the symptoms and what can be done to prevent them from recurring. (4 pages)
■ Single copy free from the National Digestive Diseases Information Clearinghouse, NIH Pub. No. 85-2751.

Peptic Ulcer. Describes causes, symptoms, diagnosis, treatments, complications, and research. (14 pages)
■ Single copy free from the National Digestive Diseases Information Clearinghouse, NIH Pub. No. 85-3800.

Peptic Ulcer (videotape). Discusses ulcers as a disease of modern man. The differences between gastric and duodenal ulcers, their symptoms, diagnosis, and treatment are analyzed. From the *Medicine for the Layman* series. (60 minutes)
■ For sale by the National Audiovisual Center, $155.

Traveler's Diarrhea. Gives the epidemiology, causes, preventive measures, treatment measures, and ideas for the direction of future research on this common ailment. (12 pages)

■ Single copy free from the National Digestive Diseases Information Clearinghouse.

Ulcerative Colitis and Crohn's Disease (videotape). Considers the basic nature of these diseases, their epidemiological patterns, and their clinical symptoms, giving particular attention to methods used to initially diagnose and later assess their activity. Treatment strategies, especially new or experimental therapies, are discussed as is research into the pathological causes of these diseases. For medical professionals and general audiences. From the *Medicine for the Layman* series. (58 minutes)

■ For sale by the National Audiovisual Center, $155.

What Is Constipation? Explains what constipation is and what it is not; debunks common misconceptions concerning "normal" bowel habits; discusses causes, diagnosis, and treatment. (4 pages)

■ Single copy free from the National Digestive Diseases Information Clearinghouse, NIH Pub. No. 85-2754.

What Is Dyspepsia? Discusses the causes, symptoms, diagnosis, treatment, and prevention of dyspepsia, often called indigestion. (4 pages)

■ Single copy free from the National Digestive Diseases Information Clearinghouse, NIH Pub. No. 84-1300.

Your Digestive System and How It Works. Tells why and how our body treats the nutrients vital to its health and growth. (4 pages)

■ Single copy free from the National Digestive Diseases Information Clearinghouse, NIH Pub. No. 86-2681.

For more information about Digestive Diseases contact The National Digestive Diseases Information Clearinghouse, see page 49.

DRUGS AND DRUG ABUSE

Adolescent Peer Pressure: Theory, Correlates, and Program Implications for Drug Abuse Prevention. Provides a better understanding of the pressures and tasks associated with adolescence, the empirically based evidence of factors associated with drug abuse and other forms of problem behavior, different peer program approaches, and ways in which peer programs can be implemented. (115 pages)

■ Single copy free from the National Clearinghouse for Drug Abuse Information.

AIDS and Shooting Drugs. See ACQUIRED IMMUNE DEFICIENCY SYNDROME.

Communities: What You Can Do About Drug and Alcohol Abuse. Presents prevention strategies to assist communities in addressing the many factors and causes underlying drug and alcohol abuse. (15 pages)

■ Single copy free from the National Clearinghouse for Drug Abuse Information, DHHS Pub. No. 84-1310; for sale by the Superintendent of Documents, Stock No. 017-024-01190-8, $1.

Drug Information Fliers. Provides information on the psychological and physiological effects of various drugs of abuse, using question and answer format. The fliers must be ordered individually.

■ Single copies free from the National Clearinghouse for Drug Abuse Information; for sale by the Superintendent of Documents only in packs of 100, $9.50 per pack. The titles and stock numbers follow:

Stimulants and Cocaine, ADM 83-1304; from the Superintendent of Documents, Stock No. 017-024-01183-5

Inhalants, ADM 83-1305; from the Superintendent of Documents, Stock No. 017-024-01184-3

Hallucinogens and PCP, ADM 83-1306; from the Super intendent of Documents, Stock No. 017-024-01187-8

Marijuana, ADM 83-1307; from the Superintendent of Documents, Stock No. 017-024-01185-1

Opiates, ADM 83-1308; from the Superintendent of Documents, Stock No. 017-024-01188-6

Sedative-Hypnotics, ADM 83-1309; from the Superintendent of Documents, Stock No. 017-024-01186-0

Drugs and Pregnancy. See PREGNANCY AND CHILDBIRTH.

Elder-Ed Series. See AGING.

Facts About AIDS and Drug Abuse. See ACQUIRED IMMUNE DEFICIENCY SYNDROME

For Parents Only: What Kids Think About Marijuana (film, videotape). Surveys students' views and feelings about smoking marijuana. Helps parents and teachers understand teenagers' behavior. (28 minutes)

- For sale by the National Audiovisual Center. 16mm film, guide, booklet, $295; videocassette, guide, booklet, $90.

For Parents Only: What You Need to Know About Marijuana. Helps parents understand what marijuana is and answer their children's questions about it. Offers parents guidelines in dealing with marijuana experimentation or regular use. (28 pages)

- For sale by the Superintendent of Documents, Stock No. 017-024-01134-7, $4.

Parents, Peers, and Pot. Offers parents of children ages 9 to 14 information about marijuana. May also be useful to parents of older teenagers. (98 pages)

- For sale by the Superintendent of Documents, Stock No. 017-024-00941-5, $5, $155 for 100 copies.

Parents, Peers and Pot II - Parents in Action. Gives personal accounts of the concerns, motivations, and actions of a diverse assortment of parents who are already involved in the movement, and tells what others are doing. (160 pages)

- Single copy free from the National Clearinghouse for Drug Abuse Information, DHHS Pub. No. 83-1290; for sale by the Superintendent of Documents, Stock No. 017-024-01174-6, $5.

Parents: What You Can Do About Drug Abuse. Gives parents ideas on how to prevent abuse of drugs. (8 pages)

- Single copy free from the National Clearinghouse for Drug Abuse Information, DHHS Pub. No. 83-1267; for sale by the Superintendent of Documents, Stock No. 017-024-01164-9, $14 per 100 copies.

Preventing Drug Abuse in the Workplace. Gives employees, managers, and union officials ideas on developing effective workplace policies and programs. (47 pages)

- For sale by the Superintendent of Documents, Stock No. 017-024-01147-9, $4.25.

Prevention Planning Workbook - Volume I and Volume II. Outlines a systematic prevention program planning process. Steps include assessing needs, generating problem statements, identifying goals, setting objectives, identifying activities to meet objectives, identifying resources, and developing an evaluation component. (56 pages and 190 pages)

- Single copy free from the National Clearinghouse for Drug Abuse Information, DHHS Pub. No. 81-1062 (Vol. I) and 81-1061 (Vol. 2); for sale as a set by the Superintendent of Documents, Stock No. 017-024-01059-6, $9 per set.

Seven, Eight, Lay Them Straight (film, videotape). Short version of *For Parents Only:*

What Kids Think About Marijuana. (8 minutes)

■ For sale by the National Audiovisual Center. 16mm film, $85; videocassette, $65.

For more information about Drug Abuse contact The National Clearinghouse for Drug Abuse Information, see page 49.

FAMILY PLANNING

The Adoption Option: A Guidebook for Pregnancy Counselors. Provides information and guidance for pregnancy counselors in introducing the positive features of adoption to their clients. (71 pages)

■ Single copy free from Family Life Information Exchange, Order No. FP-10000.

Comparing Contraceptives. Discusses effectiveness and possible side effects of nine different types of birth control including the sponge. Contains a comparison chart. (8 pages)

■ Single copy free from the Food and Drug Administration, DHHS No. 85-1123; and from the Consumer Information Center, Order No. 544P.

Contraception: Comparing the Options. Provides, in chart form, basic information on the most widely used contraceptive methods. (5-fold brochure)

■ Single copy free from the Family Life Information Exchange

Designing Your Family Planning Education Program. A practical "how-to" guide for designing a new education service or improving an existing one. (90 pages)

■ Single copy free from Family Life Information Exchange, Order No. FP-100003.

Facts About Oral Contraceptives. Presents information on oral contraceptives, including risks. (19 pages)

■ Single copy free from the National Institute of Child Health and Human Development; and from the Consumer Information Center, Order No. 429P, $.50.

Facts About Vasectomy Safety. Gives latest findings on the long-term effects and safety of male sterilization. (12 pages)

■ Single copy available from the Consumer Information Center, $.50, Order No. 460P.

Family Planning in Primary Care Settings. Contains guidelines for developing family planning services for non-Title X, federally funded projects. (28 pages)

■ Single copy free from Family Life Information Exchange, Order No. FP-100007.

Freedom to Choose (poster). Several methods of birth control are displayed and caption reads, "Freedom to Choose Means Knowing All the Choices." (black, white, and blue 9" × 12")

■ Single copy free from Family Life Information Exchange, Order No. FP-100066.

Infertility, and How It's Treated. Discusses the major causes of infertility and treatments. (2 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 83-3136.

Information for Men—Your Sterilization Operation. Provides information on male sterilization and other methods of birth control. Includes 3-part consent form used for all federally funded sterilization operations. (9 pages) Also available in Spanish.

■ Single copy free from Family Life Information Exchange, Order No. FP-100014.

Information for Women—Your Sterilization Operation. Provides information on female sterilization and other methods of birth control. Includes 3-part consent form used for all federally funded sterilization operations. (9 pages) Also available in Spanish.

■ Single copy free from Family Life Information Exchange, Order No. 10015.

Many Teens Are Saying No. Emphasizes the seriousness of making decisions about sex. (8 pages)

■ Single copy free from the Family Life Information Exchange.

Pregnant . . . (poster). Shows a young couple in a tender moment. Warns pregnant women to consult their doctor before taking any medications. (black and white 17" × 24".)

■ Single copy free Family Life Information Exchange, Order No. FP-100023.

Spacing Pregnancy Means (poster). A sketch of three pairs of tennis shoes is featured and four advantages of spacing pregnancies are listed. (white, brown, and orange) 9" × 12"

■ Single copy free from Family Life Information Exchange, Order No. FP-100068.

Sterilization is Permanent (poster). Emphasizes the irreversibility of sterilization. The caption reads "Sterilization is Permanent . . . Have all the Facts and Be Sure You're Sure." (black, white, and red: 9" × 12")

■ Single copy free from Family Life Information Exchange, Order No. FP-100059.

For more information about Family Planning contact Family Life Information Exchange, see page 49.

HEALTH PROMOTION

Behavior Patterns and Health. Discusses the scientific evidence relating behavior to disease and explains what we can do to cut down the risk of heart attack, lung cancer, and stroke by changing our lifestyle. From the *Medicine for the Layman* series (36 pages)

■ Single copy free from the Office of Clinical Center Communications, Warren G. Magnuson Clinical Center, NIH Pub. No. 85-2682. Single copy also available from the ODPHP Health Information Center, Order No. E0001, $2 handling fee.

Common Questions and Answers Regarding School Health Education Program Development and Improvement. Addresses questions on available resources, including materials, curricula, information on established programs, continuing education, and major organizations in the field. (8 pages)

■ Single copy available from the ODPHP Health Information Center, Order No. S0001, $2 handling fee.

FDA Consumer (periodical). Contains articles for consumers on current issues relating to medicines, food and nutrition, cosmetics, radiation, and medical devices. Issued 10 times a year.

■ For sale by the Superintendent of Documents, $9.50 per year.

Focal Points (periodical). Contains articles on current issues in health promotion and education. Issued irregularly by the Center for Health Promotion and Education, Centers for Disease Control.

■ For sale by the Superintendent of Documents, $5.00 per year.

Guidelines for Health Promotion and Education Services in HMOs. Answers questions asked by health maintenance organizations administrators, medical directors, and boards of trustees regarding the scope of health education and promotion. (152 pages)

■ For sale by the Superintendent of Documents, Stock No. 017-002-00152-6, $5.50; also for sale by the National Technical Information Service, PB82-196221, paper $16, microfiche $4.50.

Health Information Resources in the Federal Government. Describes Federal agencies and projects that can provide information to health professionals and the general public. Includes major services and activities, publications, and databases. (Revised edition to be published Spring 1987)

■ Single copy available from the ODPHP Health Information Center, $2 handling fee.

Healthfinders. A series of resource lists on specific health topics. Current *Healthfinders* are listed below.

■ Single copies available from the ODPHP Health Information Center, $1 handling fee. The series includes:

Adolescent Health Information

Community Health Promotion

Financing Personal Health Care

Health Risk Appraisals

Health Statistics

The Home Medical Library

Medications: Sources of Information

National Health Observances

Online Health Information

Selected Federal Health Information Clearinghouses and Information Centers

Toll-Free Numbers for Health Information

Vitamins

HealthStyle: A Self Test. Consists of a simple test to help determine how healthful one's habits and lifestyle are and to identify areas in which change could be helpful. Areas include smoking, nutrition, alcohol and drugs, exercise and fitness, stress, and safety. (2 pages)

■ Camera-ready version suitable for reproduction in newsletters and newspapers available from the ODPHP Health Information Center, Order No. H0012, $1 handling fee; single copy of pamphlet (10 pages) available from the Consumer Information Center, $.50. Order No. 456P.

Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention. Sets forth priorities for the nation's health and calls for a renewed commitment to prevention. Identifies specific goals in five stages of human development and fifteen priority areas under the general headings of preventive services, health protection, and health promotion. (177 pages)

■ Single copy available from the ODPHP Health Information Center, Order No. F0005, $1 handling fee. For sale by the Superintendent of Documents, Stock No. 017-001-00416-2, $6.

Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention - Background Papers. Examines past successes, future challenges, and unanswered questions relating to some key topics in prevention. Also discusses psychosocial factors in preventive medicine, preventive services for the well population, the quality of the work environment, and the economic evidence on prevention. Eighteen papers, developed by experts. (484 pages)

■ For sale by the Superintendent of Documents, Stock No. 017-001-00417-1, $8.

It's Academic for Healthy People (film, videotape). Presents health facts for teenagers with the format, set, and moderator of the popular television show, *"It's Academic."* Can be used to reinforce knowledge about medical conditions, fitness, alcohol use, and other health topics. (28 minutes)

■ For sale by the National Audiovisual Center. 16mm film, rental $30, sale $295; videocassette, sale only, $90.

It's Elementary for Healthy People (film, videotape). Helps make learning about health fun for elementary school children, aged 10 and under, adopting the format, set, and moderator of the television program, *"It's Academic."* (28 minutes)

■ For sale by the National Audiovisual Center. 16mm film, rental $30, sale $295; videocassette, sale only, $90.

Locating Funds for Health Promotion Projects. Explains how and where to look for funding, public and private, locally and nationwide. Includes names and addresses of Federal agencies and private founda-

tions interested in health promotion. A brief overview of proposal preparation, a bibliography, and a glossary are included. (54 pages)

■ Single copy available from the ODPHP Health Information Center, Order No. Z0001, $2 handling fee.

The 1990 Health Objectives for the Nation: A Midcourse Review. Reviews progress achieved thus far toward attaining the 226 disease prevention and health promotion objectives for the year 1990 and provides an assissment of how the Nation is doing in its strategy to improve health status and reduce health risks. Summarizes the results of the review by major category and type of objective. (254 pages)

■ Single copy available from the ODPHP Health Information Center, Order No. F0013, $3 handling fee.

No Smoking: A Decision Maker's Guide to Reducing Smoking at the Worksite. Shows how smoking affects emplyoyees and businesses and how both will benefit form efforts to restrict or eliminate smoking at the worksite. Along with a discussion of the health consequences of smoking, this publication offers examples of policies and programs companies have used to restrict or ban smoking at work. (42 pages)

■ Single copy available from the ODPHP Health Information Center, Order No. W0001, $2 handling fee. Available from local chapters of the American Cancer Society and from the Office on Smoking and Health.

Prevention '84/'85. Discusses health promotion and disease prevention in schools, worksites, and other settings and suggests ways to implement programs. Also provides a detailed inventory of Federal programs and funds. (166 pages)

■ Single copy available from the ODPHP Health Information Center, Order No. F0007, $3 handling fee; for sale by the Superintendent of Documents, Stock No. 017-001-00444-8, $6.50.

Promoting Health/Preventing Disease: Objectives for the Nation. Identifies specific and measurable objectives for 15 priority areas. This is a companion to the national strategy set forth in *Healthy People.* (102 pages)

■ Single copy available from the ODPHP Health Information Center, Order No. F0009, $3 handling fee; for sale by the Superintendent of Documents, Stock No. 017-001-00435-9, $5.

Worksite Health Promotion: A Bibliography of Selected Books and Resources. Lists and describes resources for employee health promotion programs. Includes books, pamphlets, newsletters for employees and organizations. (22 pages)

■ Single copy available from the ODPHP Health Information Center, Order No. W0005, $2 handling fee.

Worksite Nutrition: A Decision Maker's Guide. Presents rationale for implementing nutrition programs in the workplace and describes what resources employers need to conduct worksite nutrition programs. (58 pages)

■ Single copy available from the ODPHP Health Information Center, Order No. U0010, $2 handling fee; also from the American Dietetic Association, 430 North Michigan Avenue, Chicago, IL 60611, $3 per copy plus $2.50 shipping and handling. Bulk rates available.

For more information about Health Promotion contact The ODPHP Health Information Center (OHIC).

IMMUNIZATION

Health Information for International Travel. Provides up-to-date and comprehensive information on the vaccination requirements of foreign countries and on other measures for travelers to take to protect their health and facilitate their travel. (156 pages)

- For sale by the Superintendent of Documents, Stock No. 017-023-00174-4, $4.75.

New Vaccine Protects Against Serious "Day-Care" Disease. Discusses the use of a vaccine to protect day-care-aged children against the complications of the MIB virus. (4 pages)

- Single copy free from the Food and Drug Administration.

Shots Adults Shouldn't Do Without. Discusses the importance of immunization for the adult, emphasizing that many adults are still getting illnesses that can be prevented by immunization. (8 pages)

- Single copy free from the Food and Drug Administration.

Vaccines: Precious Ounces of Prevention. Gives important information on the types of vaccines available and explains their effectiveness and any possible side effects. (8 pages)

- Single copy free from the Food and Drug Administration.

Whooping Cough Still Threatens U.S. Children. Discusses the current danger of pertussis, or whooping cough, to children in the U.S., despite popular opinion that it is a disease of the past. Emphasizes the importance of immunization. (4 pages)

- Single copy free from the Food and Drug Administration.

INFANT AND CHILD HEALTH

AIDS and Children—Information for Parents of School Age Children. See ACQUIRED IMMUNE DEFICIENCY SYNDROME.

AIDS and Children—Information for Teachers and School Officials. See ACQUIRED IMMUNE DEFICIENCY SYNDROME.

Arthritis in Children. See ARTHRITIS.

At-Home Antidotes for Poisoning Emergencies. Each year some 2 million children under the age of 5 get into drain cleaners and other poisonous items. This article discusses two antidotes that can be stocked in the home in case of poisoning emergencies. (4 pages)

- Single copy free from the Food and Drug Administration, DHHS Pub. No. 86-1125.

Breast Feeding. Encourages mothers to breastfeed and teaches the proper techniques. (22 pages)

- Free from the National Maternal and Child Health Clearinghouse, Pub. No. B-30.

Caring About Kids: Helping the Hyperactive Child. Describes behavior problems that could indicate hyperactivity, methods of treatment, ways parents can help in the home, and sources of assistance. (9 pages)

- For sale by the Consumer Information Center, Order No. 169P, $1.

Caring About Kids: Learning While Growing: Cognitive Development. Explains how children learn, what stages they reach at certain ages, and how parents can help. (14 pages)

- Single copy free from the National Institute of Mental Health, DHHS Pub. No.

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81-1017. For sale by the Consumer Information Center, $2.75.

Caring About Kids: Pre-Term Babies. Discusses the problems of low-birthweight babies, the causes of pre-term birth and low-weight babies, research underway, visiting the intensive care nursery, and parental stresses. Provides tips for calming babies and tells how parents can make a difference.

■ Single copy free from the National Institute of Mental Health, DHHS Pub. No. 80-0972; for sale by the Superintendent of Documents, Stock No. 017-024-01014-6, $2.

Caring About Kids: Stimulating Baby Senses. Tells how parents can build their special relationship with their baby by stimulating the senses of touch, taste, smell, sight, and hearing. (10 pages)

■ Single copy free from the National Institute of Mental Health, DHHS Pub. No. 77-0481; for sale by the Superintendent of Documents, Stock No. 017-024-00752-8, $2.75, $33 for 50 copies.

Caring About Kids: Talking to Children About Death. Discusses communication barriers, religion and death, children's reaction to death in the family, and funerals. Gives resources for more information. (16 pages)

■ Single copy free from the National Institute of Mental Health, DHHS Pub. No. 80-0838; for sale by the Superintendent of Documents, Stock No. 017-024-00949-1, $2.75, $60 for 100 copies.

Caring About Kids: When Parents Divorce. Discusses issues affecting children such as types of custody, support, telling the children, how children react, new relationships, and remarriage. Provides resources for further reading. (22 pages)

■ Single copy free from the National Institute of Mental Health, DHHS Pub. No. 80-1120; for sale by the Superindent of Documents, Stock No. 017-024-01102-9, $3.25, for 100 copies.

Dennis Takes a Poke at Poison. Dennis the Menace learns about poisons in the homes and how to tell if something is safe to eat. (16 pages)

■ Single copy free from the Food and Drug Administration, DHHS No. 81-7005; and from the Consumer Information Center, Order No. 507P.

El cuidado de su bebe. Spanish version of *Infant Care*.

■ For sale by the Superintendent of Documents, Stock No. 017-024-00238-0, $4.50.

Detection and Prevention of Learning Disorders. Discusses learning disability as the most prevalent affliction of childhood. Describes the work that has been done and the outcome of some specific research efforts. (31 pages)

■ Single copy free from the National Institute of Mental Health, DHHS Pub. No. 77-337.

Determinants of Children's Health. Summarizes six closely related studies on the determinants of child health, with particular reference to home and local environmental factors, including parents' schooling, family income, availability of fluoridated water, and other variables. (26 pages)

■ Free from the National Center for Health Services Research and Health Care Technology Assessment. DHHS Pub. No. 81-3309.

FLUORIDE. See publications under DENTAL HEALTH.

The Grief of Children. See SUDDEN INFANT DEATH SYNDROME.

A Growing Concern: How to Provide Services to Children of Alcoholic Families. See ALCOHOL AND ALCOHOLISM.

A Healthy Start . . . Fluoride Tablets for Children in Preschool Programs. See DENTAL HEALTH.

Infant Care. Gives new parents basic information on caring for an infant. Advises

on handling "difficult" babies, first aid and emergency treatment, and a variety of common problems from diaper rash to colds. Available in Spanish. (67 pages)

- For sale by the Superintendent of Documents, Stock No. 017-091-00228-2, $4.75.

It's Academic for Healthy People (film) See HEALTH PROMOTION.

It's Elementary for Healthy People (film). See HEALTH PROMOTION.

Plain Talk series. Several of the pamphlets in this series concern children. See MENTAL HEALTH.

Preventing Childhood Poisonings (videotape). Discusses common kitchen agents that can poison children and tells parents how to respond to such emergencies. (14 minutes)

- For sale by the National Audiovisual Center, $80.

When your child has flu or chicken pox—check with your doctor before giving aspirin (poster). Warns parents of the possible link between aspirin and Reye's syndrome. (17" × 21")

- Single copy free from the Food and Drug Administration, DHHS Pub. No. 84-3143.

Whooping Cough Still Threatens U.S. Children. See IMMUNIZATION.

For more information about Infant and Child Care contact The National Maternal and Child Health Clearinghouse, see page 50.

INFECTIOUS DISEASES

Bacterial Meningitis. Describes the causes, symptoms, and treatment of this infection, which is most common among young children. (6 pages)

- Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 84-1439. For sale by the Superintendent of Documents, Stock No. 017-044-00046-0, $18 for 100 copies.

The Common Cold: Relief But No Cure. Discusses the effectiveness of various cough, cold, allergy, and asthma remedies, and gives labeling information. (6 pages)

- Single copy free from the Food and Drug Administration, DHHS Pub. No. 77-3029; and from the Consumer Information Center, Order No. 563P.

Herpes. See SEXUALLY TRANSMITTED DISEASES.

Infectious Mononucleosis. Discusses how "mono" is transmitted, how the disease is diagnosed, and what research is being conducted to better understand the Epstein-Barr virus that causes it. (8 pages)

- Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 86-142. For sale by the Superintendent of Documents, Stock No. 017-044-00054-1, $22 for 100 copies.

Rabies. Includes information on where rabies is found globally, how it is spread, the incubation period of the disease, its symptoms in animals and humans, its diagnosis, what should be done after a bite, and rabies shots for humans and animals. (6 pages)

- Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 83-221.

Rocky Mountain Spotted Fever. Provides information on this tickborne disease, including how to prevent tick bites, how to remove ticks, and how the illness is treated, as well as a discussion of the life cycle of the tick. (4 pages)

- Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 85-400. For sale by the Superintendent of Documents, Stock No. 017-044-00051-6, $8 for 100 copies.

Schistosomiasis. Describes the parasitic blood flukes that cause the disease, and the diagnosis, treatment, and control of schistosomiasis. (6 pages)

- Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 81-168.

Understanding the Immune System. Discusses antigens, the organs and cells of the immune system, how an immune response occurs, natural and acquired immunity, disorders of the immune system (including AIDS), the immunology of transplants, and new methods such as hybridoma technology that are being used to learn more about the immune system. (22 pages)

- Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 84-529; for sale by the Superintendent of Documents, Stock No. 044-017-00044-3, $1.50.

MEDICAL DEVICES AND PROCEDURES

Back Pain: Ubiquitous, Controversial. Common causes and treatments of this all too common ailment. (3 pages)

- Single copy free from the Food and Drug Administration, DHHS No. 84-3147; and from the Consumer Information Center, Order No. 558P.

The Big Quack Attack: Medical Devices. Takes a look at the many kinds of fraudulent medical devices on the market. Explains how to recognize phony claims, what the Federal Government can and cannot do to protect consumers, and what consumers can do to protect themselves and help others. (23 pages)

- Single copy free from the Food and Drug Administration, DHHS Pub. No. 84-4022.

The Big Quack Attack: Medical Devices (slide set). Audiovisual version of the pamphlet described in the preceding entry. (14 minutes)

- For sale by the National Audiovisual Center. 103 slides, audiocassette, script, $62; for information on loans, contact the FDA Consumer Affairs Officer in your FDA District Office.

Biofeedback: Therapeutic Self Control (videotape). Discusses the learning process that demonstrates that people are able to exercise control over body disorders. This method has proven successful in treating several medical problems, including migraines, Raynaud's phenomenon, irregular heart rhythms, incontinence, and scoliosis. From the *Medicine for the Layman* series. (60 minutes)

- For sale by the National Audiovisual Center, $155.

Blood Transfusions Today (videotape). Addresses the scope of blood transfusion in the United States, the general scientific principles of the major blood groups and RH factors, precautions for donor screening, and methods of collection, preparation, and storage of blood components. Also discusses concerns voiced by the general public about AIDS and blood transfusions and the status of blood substitutes, i.e., artificial blood. From the *Medicine for the Layman* series. (58 minutes)

- For sale by the National Audiovisual Center, $155. Also available on free loan, to educators and institutions, from the Modern Talking Picture Service, Inc.

Cancer Treatment. Reviews various approaches to cancer treatment —surgery, radiation, and chemotherapy. Cancer disease is explained by comparing normal cell growth with the disordered growth typical of tumors. From the *Medicine for the Layman* series. (32 pages)

- Single copy free from the Office of Clinical Center Communications, Warren G. Magnuson Clinical Center, NIH Pub. No. 82-1807.

Cancer Treatment (videotape). Covers the same material as the pamphlet described in the preceding entry. From the *Medicine for the Layman* series. (60 minutes)

■ For sale by the National Audiovisual Center, $155; also available on free loan to educators and institutions, from the Modern Talking Picture Service, Inc.

Chronic Pain: Hope Through Research. Summarizes advances in research on persistent pain. Advances in different therapies, including drugs, acupuncture, surgery, and electrical stimulation are discussed. Also looks at the role of psychological techniques in relieving chronic pain. (30 pages)
■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke, NIH Pub. No. 82-2406.

Coronary Heart Disease: Roles of Surgery and Balloon Dilatation (videotape). Discusses how the techniques of coronary bypass surgery and balloon angioplasty are used to relieve angina and improve coronary blood flow. Explains each technique, describes research results, and discusses which patients would benefit from each procedure. From the *Medicine for the Layman* series. (60 minutes)
■ For sale by the National Audiovisual Center, $155.

HEARING AIDS. See publications under VISION AND HEARING IMPAIRMENTS.

The Heart: Diagnosis and Treatment. See CARDIOVASCULAR DISEASES.

How Doctors Diagnose Heart Disease. See CARDIOVASCULAR DISEASES.

Plain Talk About Biofeedback. Reviews the medical uses of biofeedback, a system that teaches you to control involuntary body functions such as blood pressure. (3 pages)
■ Single copy free from the Consumer Information Center, Order No. 550P.

Quackery-The Billion Dollar "Miracle" Business. How to protect yourself from health fraud. Discusses how bogus remedies for cancer, arthritis, and the "battle of the bulge" can hurt you much more than help. (4 pages)
■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 85-4200; and from the Consumer Information Center, Order No. 538P.

Radiation Risks and Radiation Therapy. Discusses the different types of ionizing radiation. Explains standard terminology and identifies some of the risks of low-level radiation. From the *Medicine for the Layman* series. (27 pages)
■ Single copy free from the Office of Clinical Center Communications, Warren G. Magnuson Clinical Center, NIH Pub. No. 83-2367.

Relief of Chronic Pain (videotape). Discusses the transmission of pain from an injured part of the body to the brain. Describes how pain treatments such as aspirin, narcotics, nerve blocks, acupuncture, and electrical stimulation interrupt the pain messages and how the brain suppresses pain with its own chemicals. Current areas of research in the treatment of pain are also reviewed. From the *Medicine for the Layman* series. (60 minutes)
■ For sale by the National Audiovisual Center, $155.

MEDICARE

A Brief Explanation of Medicare. Explains who is eligible for Medicare and what services it covers. (13 pages)
■ Single copy free from local Social Security offices.

A Guide to Health Insurance for People with Medicare. Explains what Medicare does and does not cover and discusses private health insurance plans that may help supplement it. (19 pages)
■ Single copy free from local Social Security offices; and from the Consumer Information Center.

How to Fill Out a Medicare Claim Form. Gives a step by step explanation of how to fill out the basic form. (8 pages)

■ Single copy free from the Health Care Financing Administration.

Medicare Magazine (videotape). Features discussions of current health care and Medicare issues. Topics covered: the 1983 amendments creating the Prospective Payment System; the economic pressures on hospitals and doctors; the Part A and Part B insurance deductibles and premiums; and the different forms of health care available today, such as HMO's, outpatient surgery, and home health care. (20 minutes; 72-page handbook provided)

■ For sale by the National Audiovisual Center, $95.

Meet Medicare (audiocassette). Answers the most frequently asked questions about Medicare. The program gives a broad overview of Medicare, then focuses on a variety of Medicare subjects using interviews with medical administrators and professionals. Some of the subjects covered are: Part A and Part B, where and how to submit claims, what Medicare covers, hospital Medicare certifications, benefit periods, and where to get other questions answered. A handbook is provided.

■ For sale by the National Audiovisual Center, $95.

Mr. Medicare (videotape). Presents valuable information in a humorous story about the 50th reunion of Windson High School's Class of 1935. Bruce Baxter, class valedictorian and know-it-all, talks to his fellow retirement-age classmates about Medicare as they celebrate their reunion. The program covers the details of Medicare using real life situations and questions, and a variety of people with different medical needs. It explains health care, health insurance, and Medicare terms in simple, easy-to-understand ways. A 72-page handbook is provided. (21 minutes)

■ For sale by the National Audiovisual Center, $110.

One Measure of Freedom (videotape). Recounts the development of the Medicare program and the need for continuing changes. A 72-page handbook is included. (16 minutes)

■ For sale by the National Audiovisual Center, $95.

MENTAL HEALTH

Being Friends (film, filmstrip, videotape). Introduces to children 9 to 12 years old the pleasures and problems of dealing with persons of various ages—younger children, peers, teenagers, adults, and very old people. A five-part series. Discussion guide and song sheets included. (31 minutes)

■ For sale by the National Audiovisual Center. Filmstrips and audiocassette, sale only, $45; 16mm film, rental $25, sale $310; videocassette, sale only, $320.

Caring About Kids series. Several of the pamphlets in this series concern the mental health of children. See INFANT AND CHILD HEALTH.

Charla franca: acerca de ninos con dificultades de aprendizaje. Spanish version of *Plain Talk About Children with Learning Disabilities*. (6 pages)

■ Single copy free from the National Institute of Mental Health, DHHS Pub. No. 81-825(SP).

Charla franca: como tratar al nino enojado. Spanish version of *Plain Talk About Dealing With the Angry Child*. (4 pages)

■ Single copy free from the National Institute of Mental Health, DHHS Pub. No. 81-781(SP).

Child Psychiatry: Modern Approaches (videotape). A perspective on early development of mental disorders in children is given. Discusses the relationship between handicaps such as reading and language disorders, and behavior problems. Also explores new data in the epidemiology of

childhood mental illness. From the *Medicine for the Layman* series. (59 minutes)
■ For sale by the National Audiovisual Center, $155.

A Consumer's Guide to Mental Health Services. Discusses the services available from community mental health centers, describes different types of therapy and mental health professionals, and provides a list of warning signals and tells what to do in a crisis situation. (21 pages)
■ Single copy free from the Consumer Information Center.

Depressive Disorders: Causes and Treatment. Discusses types of depressive disorders, causes, and treatment. Suggests ways to help the depressed person and tells where to obtain treatment. (13 pages)
■ Single copy free from the National Institute of Mental Health, DHHS Pub. No. 83-1081; for sale by the Superintendent of Documents, Stock No. 017-024-01093-6, $2, $20 per 100 copies.

Fact Sheet: Depression in the Elderly. See AGING.

The Grief of Children. See SUDDEN INFANT DEATH SYNDROME.

Parents and the Grieving Process. See SUDDEN INFANT DEATH SYDROME

Phobias and Panic Disorders (videotape). Explores panic disorders and agoraphobia. Symptoms of these disorders are discussed as well as possible catalysts, such as caffeine. Various treatments including drug therapies and behavioral strategies are discussed, along with the brain systems that play a role in anxiety, and how drugs affect these systems. From the *Medicine for the Layman* series. (58 minutes)
■ For sale by the National Audiovisual Center, $155; also available on free loan, to educators and institutions, from the Modern Talking Picture Service, Inc.

Phobias and Panic. Discusses panic disorders, types of phobias, and various kinds of treatments available. Also includes a list of references for further information. (40 pages)
■ Single copy free from the National Institute of Mental Health, DHHS Pub. No. 86-1472; and from the Consumer Information Center, Order No. 580P.

Plain Talk About Adolescence. Discusses the frictions, changes, and problems of adolescence. Gives tips on how parents can help keep communications open and the responsibilities teenagers have in trying to bridge the generation gap. (2 pages)
■ Single copy free from the National Institute of Mental Health, DHHS Pub. 85-1065; and from the Consumer Information Center, Order No. 611P.

Plain Talk About Aging. See AGING.

Plain Talk About Biofeedback. See MEDICAL DEVICES AND PROCEDURES.

Plain Talk About Dealing with the Angry Child. Helping a child cope with feelings of anger and aggression. (2 pages)
■ Single copy free from the Consumer Information Center, Order No. 504P.

Plain Talk About Handling Stress. Discusses the three stages of physical and mental stress and how to recognize their symptoms. Provides suggestions for dealing with stress. Available in Spanish. (2 pages)
■ Single copy free from the Consumer Information Center, Order No. 578P.

Plain Talk About Mutual Help Groups. Explains how people gain strength by sharing feelings and experiences with others who have similar problems. Provides an overview of the many support groups available. (4 pages)
■ Single copy free from the Consumer Information Center, Order No. 576P.

Plain Talk About Physical Fitness and Mental Health. Presents some ideas about keeping in shape, reasons that you should, and some suggestions about

physical activities for special groups of people. (3 pages)

■ Single copy free from the National Institute of Mental Health, DHHS Pub. No. 84-1364; and from the Consumer Information Center, Order No. 577P.

Plain Talk About Raising Children. Discusses the results of a survey that reveal common "parent sense" about effective parenting. Offers ten basic principles of childrearing for parents, teachers, daycare workers, and others who care for children. (4 pages)

■ Single copy free from the Consumer Information Center, Order No. 505P.

Plain Talk About When Your Child Starts School. Makes suggestions for helping a child during the first days of school. (2 pages)

■ Single copy free from the Consumer Information Center, Order No. 506P.

Plain Talk About Wife Abuse. Discusses the causes, emotional and physical consequences, and gives sources available where an abused wife can get help. (3 pages)

■ Single copy free from the Consumer Information Center, Order No. 579P.

Schizophrenia: Questions and Answers. Addresses five main questions about schizophrenia. What is it? What causes it? How is it treated? How can other people help? What is the outlook? (25 pages)

■ Single copy free from the Consumer Information Center, Order No. 609P.

Sleep and Its Disorders (videotape). Explains the physiology of sleep, discusses the prevalence and nature of insomnia and narcolepsy, and describes abnormal sleep behaviors. From the *Medicine for the Layman* series. (58 minutes)

■ For sale by the National Audiovisual Center, $155. Also available on free loan, to educators and institutions, from the Modern Talking Picture Service, Inc.

Talking to Children About Death. See SUDDEN INFANT DEATH SYNDROME.

Using Drugs to Lift That Dark Veil of Depression. Discusses the use of antidepressent drugs in the treatment of depression. Provides information on side effects, length of time for results, and the use of other therapies in conjunction with drug treatment. Provides a chart listing the drugs by generic name, trade name, and usual dosage levels. Reprinted from the *FDA Consumer*. (4 pages)

■ Single copy free from the National Institute of Mental Health, DHHS Pub. No. 84-3140.

You Are Not Alone: Facts About Mental Health and Mental Illness. Discusses ways to recognize and deal with depression, mood changes, anxiety, and other mental and emotional illnesses in yourself and others. Provides information on how to find help. (11 pages)

■ Single copy free from the National Institute of Mental Health, DHHS Pub. No. 85-1178; for sale by the Superintendent of Documents, Stock No. 017-024-01121-5, $1.

NEUROLOGICAL AND COMMUNICATIVE DISORDERS

Amyotrophic Lateral Sclerosis: Hope Through Research. Addresses the physiology and symptoms of this progressively crippling and fatal disorder. A section is devoted to the many ways patients and families can adapt to the disease. (26 pages)

■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke, NIH Pub. No. 84-916.

The Brain. Discusses the anatomy of the brain and nervous system, what it does, how it works, what can go wrong, and diagnostic problems. From the *Medicine for the Layman* series. (20 pages)

■ Single copy free from the Office of Clinical Center Communications, Warren G. Magnuson Clinical Center, NIH Pub. No. 79-1813.

The Brain in Aging and Dementia. See AGING.

Brain Tumors: Hope Through Research. Explains brain tumor types, warning symptoms, and methods of treatment, such as surgery, chemotherapy, and radiation. (26 pages)

■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke, NIH Pub. No. 82-504.

Cerebral Palsy: Hope Through Research. Gives information on possible causes, symptoms, and treatments for the disease, and covers promising areas in prevention, rehabilitation, and research. (26 pages)

■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke, NIH Pub. No. 84-158.

The Dementias: Hope Through Research. Describes the different types of dementias and research on suspected causes of these disorders. Explains the "pseudodementias." (32 pages)

■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke, NIH Pub. No. 81-2252; for sale by the Superintendent of Documents, Stock No. 017-049-00119-4, $2.75, $45 for 100 copies.

Epilepsy. Reviews how epilepsy has been viewed through history and the modern understanding of the disease. Discusses seizure types and medical and surgical therapies presently used, as well as possible future research. From the *Medicine for the Layman* series. (24 pages)

■ Single copy free from the Office of Clinical Center Communications, Warren G. Magnuson Clinical Center, NIH Pub. No. 82-2369.

Headache: Hope Through Research. Reviews various types of headaches, their diagnosis, causes, and treatment. (36 pages)

■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke, NIH Pub. No. 84-158; and from the Consumer Information Center, Order No. 123P.

Head Injury: Hope Through Research. Addresses measures for preventing head trauma, types of brain damage that result from head injuries, and rehabilitation techniques to aid recovery. (37 pages)

■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke, NIH Pub. No. 84-2478.

Parkinson's Disease: Natural and Drug-Induced Causes (videotape). Describes the symptoms of Parkinson's disease that have developed in younger people as a result of self-administration of an illicit drug contaminated with a toxic substance. Explains the parts of the brain involved in these disorders, as well as the chemical abnormalities that occur and discusses treatments and the search for better therapies. From the *Medicine for the Layman* series. (58 minutes)

■ For sale by the National Audiovisual Center, $155.

Parkinson's Disease: Hope Through Research. Outlines the possible causes and treatments for Parkinson's disease and summarizes research efforts. Motor problems of patients are discussed, as are drug treatments and physical therapies to help reduce these problems. (30 pages)

■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke, NIH Pub. No. 83-139.

Q&A: Alzheimer's Disease. See AGING.

Senility: Myth or Madness. See *Age Pages* under AGING.

Shingles: Hope Through Research. Explores the origins and consequences of this pain-causing disorder. Offers information on the effects of shingles during

pregnancy and prospects for prevention of the illness. (17 pages)

■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke, NIH Pub. No. 82-307; for sale by the Superintendent of Documents, Stock No. 017-049-00124-7, $3, $22 for 100 copies.

Smell and Taste Fact Sheet. Describes the complex processes of smell and taste, and reports on certain causes of chemosensory disorders and how they are diagnosed and treated. (8 pages)

■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke, NIH Pub. No. 86-2655.

Spina Bifida: Hope Through Research. Describes current scientific thinking about the causes, diagnosis, and medical care of spina bifida, a congenital spinal cord defect. (43 pages)

■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke, NIH Pub. No. 86-309.

Spinal Cord Injury: Hope Through Research. Examines the causes, implications, and outlook for spinal cord injuries. Covers such areas as drug therapy, neural prostheses, rehabilitation, and self-care. (34 pages)

■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke, NIH Pub. No. 81-160.

Stuttering: Hope Through Research. Describes the perplexing nature of stuttering and recently developed techniques to overcome this disorder. (17 pages)

■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke, NIH Pub. No. 81-2250; for sale by the Superintendent of Documents, Stock No. 017-049-00120-4, $2.50, $22 for 100 copies.

Tuberous Sclerosis Fact Sheet. Looks at the symptoms, diagnosis, and prognosis of this neurogenetic disorder that causes tumors, seizures, and mental retardation. (6 pages)

■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke, NIH Pub. No. 85-1846.

NUTRITION

Be Sensible About Salt. See *Age Pages* under AGING.

Cholesterol, Diet, and Heart Disease (videotape). See CARDIOVASCULAR DISEASES.

The Confusing World of Health Foods. Provides general information about foods sold as health foods and about terms such as "organic" and "natural." (4 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 84-2108; and from the Consumer Information Center, Order No. 516P.

Consumer's Guide to Food Labels. Explains dating, symbols, grades, and nutrition information on food labels. (4 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 85-2083; and from the Consumer Information Center, Order No. 600P.

Diet and Arthritis. See ARTHRITIS.

Diet and the Elderly. See AGING.

Diet Books Sell Well But . . . . Reviews and evaluates some of the popular diet plans. (4 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 84-1093.

Diet, Exercise and Other Keys to a Healthy Heart. See CARDIOVASULAR DISEASES.

Diet, Nutrition and Cancer Prevention: A Guide to Food Choices. See CANCER.

Dietary Supplements: More Is Not Always Better. See *Age Pages under AGING.*

Dieting: Weigh The Difference (Spanish-language, videotape). Educates the public about fraudulent diet products while reinforcing the fact that the best way to control weight is through good nutrition. Available only in Spanish. (9 minutes)

■ For sale by the National Audiovisual Center, $80.

Eating Disorders: When Thinness Becomes an Obsession. The eating disorders, bulimia and anorexia nervosa, are discussed in this article which gives background information and treatment approaches. (4 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 86-2211.

Enfermedades causadas por alimentos contaminados. Available now only in Spanish, this translation of *Foodborne Illness* provides recommendations about proper food preparation and refrigeration of various types of foods. Also mentions some common foodborne organisms. (10-panel brochure)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 80-2044S.

Fiber: Something Healthy to Chew On. What was once called "roughage" is recognized today as dietary fiber. Its role in nutrition is discussed in this article. (4 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 85-2206.

Food and Drug Interactions. See PHARMACEUTICALS.

Food for the Teenager During and After Pregnancy. See PREGNANCY AND CHILDBIRTH.

Food: Staying Healthy After 65. See *Age Pages* under AGING.

Foods for Health: Report of the Pilot Program. Presents the final report of the 1-year pilot nutrition program cosponsored by the National Heart, Lung, and Blood Institute and Giant Food, Inc. The study was designed to increase consumer awareness and knowledge about nutrition as it relates to cardiovascular risk factors, and to provide practical ways of implementing dietary change. (224 pages)

■ Single copy free from the National Heart, Lung, and Blood Institute, NIH Pub. No. 83-2036.

How to Take Weight Off Without Getting Ripped Off. Discusses weight reduction products, fad diets and other diet aids; and provides tips on a sensible weight loss program. (4 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 85-1116; and from the Consumer Information Center, Order No. 554P.

Inside/Out: The Story of Food and Fitness (videotape). Demonstrates the connection between food and fitness, and is designed to motivate your audience to incorporate a food and fitness program into their daily lives. (29 minutes)

■ For sale by the National Audiovisual Center, $110.

More Than You Ever Thought You Would Know About Food Additives. Describes the various kinds of food additives and explains why they are used. (4 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 82-2160; and from the Consumer Information Center, Order No. 518P.

NHLBI Facts About Cholesterol. See CARDIOVASCULAR DISEASES.

The Nutritional Gender Gap at the Dinner Table. How men and women differ in nutritional needs; weight and energy expenditure charts; and discussion of nutritional disorders. (5 pages)

■ Single copy free from the Food and Drug Administration, DHHS 84-2197; and

from the Consumer Information Center, Order No. 521P.

Nutrition and Your Health: Dietary Guidelines for Americans. Makes dietary recommendations for people who are already healthy and includes information concerning fat, starch and fiber, sodium, sugar, alcohol, maintaining ideal weight, and eating a variety of foods. Second edition 1985. (20 pages)

■ Single copy from the ODPHP Health Information Center, handling fee $2; for sale by the Superintendent of Documents, Stock No. 001-000-04248-3, $2.25, 100 copies for $27.

Obesity and Energy Metabolism. Explains why too much food and too little exercise result in an expanded waistline and how obesity affects our health. From the *Medicine for the Layman* series. (23 pages)

■ Single copy free from the Office of Clinical Center Communications, Warren G. Magnuson Clinical Center, NIH Pub. No. 86-1805.

Obesity and Energy Metabolism (videotape). The videotape version of the above publication. From the *Medicine for the Layman* series. (60 minutes)

■ For sale by the National Audiovisual Center, $155. Also available on free loan, to educators and institutions, from Modern Talking Picture Service, Inc.

On Being Too Rich, Too Thin, Too Cholesterol Laden. Discusses the relationship between cholesterol and health and gives ways to avoid cholesterol if necessary. (3 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 81-1087.

Some Facts and Myths of Vitamins. Discusses vitamins, their sources, and the Recommended Dietary Allowances. (4 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 82-2164; and from the Consumer Information Center, Order No. 524P.

Sweetness Minus Calories = Controversy. Contains background information on the legal and scientific histories of saccharin, cyclamate and aspartame. (4 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 85-2205; and from the Consumer Information Center, Order No. 526P.

Winning at Losing—A Sensible Look at Dieting (slide set). Couples basic sensible advice about nutrition with information about fraudulent products and "fad" diets.

■ For sale by the National Audiovisual Center. 79 color slides audiocassette, script, $65.

A Word About Low-Sodium Diets. Suggests ways consumers can lower sodium intake, and lists foods that are naturally low in sodium. (4 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 87-2179.

PHARMACEUTICALS

Doctors, Patients Don't Communicate. Explores communication problems about prescription drugs between doctor and patient and urges patients to ask basic questions about their medications. (2 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 83-1102.

Does Your Medicine Chest Need First Aid? Suggests items for the family medicine cabinet and ways to organize them. (2 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 82-3123; and from the Consumer Information Center, Order No. 545P.

Drug Allergy. See ALLERGIES.

Food and Drug Interactions. Explains how some foods and drugs may interfere with each other, gives examples, and suggests ways to avoid the problem. (4 pages)
■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 84-3070; and from the Consumer Information Center, Order No. 546P.

For Treating Arthritis, Start With Aspirin. See ARTHRITIS.

Generic Drugs: What Are They? (videotape). Covers patents, standards for strength, quality and purity, and the choices people have. (11 minutes)
■ For sale by the National Audiovisual Center, $95.

A Guide to the Proper Use of Tranquilizers. Defines the role of tranquilizers in treating intense anxiety disorders and discusses the effects they can have on the body. (4 pages)
■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 86-3158.

Interferon (videotape). Discusses the nature and medical significance of interferon, an antiviral substance produced in the body's own cells, which may have applications in the treatment of cancer and viral illnesses. Also discusses clinical testing now underway and results to date. From the *Medicine for the Layman* series. (60 minutes)
■ For sale by the National Audiovisual Center, $155.

Medicines and You. Describes how your age, your genes, and your diet can affect the way medicines will work in your body. Tells what researchers are learning about biological individuality, and how it affects the way each person responds to medications. (62 pages)
■ Single copy free from the National Institute of General Medical Sciences, NIH Pub. No. 81-2140.

Medicines Used During Pregnancy (videotape). See PREGNANCY AND CHILDBIRTH.

Overdose—The Crucial Minutes (videotape). Documents procedures for the management of an acute poisoning victim who has ingested medicinal drugs. Follows victim from initial unconciousness in the home to the emergency room at the hospital and continues with specific medical management involving the physicians and emergency room staff. Narrator explains the reasons behind the various therapies being employed. (28 minutes)
■ For sale by the National Audiovisual Center, $110.

Safe Use of Medicines by Older People. See *Age Pages* under AGING.

Using Drugs to Lift That Dark Veil of Depression. See MENTAL HEALTH.

PHYSICAL FITNESS AND EXERCISE

Aqua Dynamics: Physical Conditioning Through Water Exercises. Illustrates and gives directions for exercises to do in water. (33 pages)
■ For sale by the Superintendent of Documents, Stock No. 040-000-00360-6, $3.75.

Cellulite. Discusses the gimmicks supposed to help get rid of fat on hips and thighs. (4 pages)
■ Single copy free from the Consumer Information Center, Order No. 553P.

Don't Take It Easy—Exercise! See *Age Pages* under AGING.

Exercise and Arthritis: An Annotated Bibliography. See ARTHRITIS.

Exercise and Weight Control. Explains how to combine exercise and diet to maintain proper body weight. (10 pages)

■ Single copy free from the President's Council on Physical Fitness and Sports; for sale by the Superintendent of Documents, Stock No. 040-000-00371-1, $2.25; 100 copies for $13.

Exercise and Your Heart. Presents up-to-date information on the effects of physical activity on your heart and offers practical guidelines for starting and staying on your own exercise program. Three excerpts from this booklet have been published in the *NHLBI Facts About Exercise series*, described later in this section. (44 pages)

■ Single copy free from the National Heart, Lung, and Blood Institute, DHHS Pub. No. 81-1677.

Everybody's Walking for Fitness. Helpful tips on how to begin a fitness walking program. Includes sample stretches for walkers. (16 pages)

■ Single copy free from the President's Council on Physical Fitness and Sports.

Fitness Fundamentals. Presents basic facts about fitness and exercise, including the components of a balanced exercise program. (8 pages)

■ Single copy free from the President's Council on Physical Fitness and Sports. Available in bulk from the Superintendent of Documents, Stock No. 017-001-00453-7; 100 copies for $25.

Fitness in the Workplace (revised). A handbook on employee physical fitness programs. Includes information on benefits, organization, finance, staffing, facilities, and incentives. (18 pages)

■ Single copy free from the President's Council on Physical Fitness and Sports.

An Introduction to Physical Fitness. Includes self-testing activities, progressive exercises, and guidelines for jogging. (24 pages)

■ For sale by the Superintendent of Documents, Stock No. 017-002-00144-5, $2.75; 100 copies for $39.

NHLBI Facts About Exercise: How to Get Started. Describes exercises that can improve the condition of the heart and lungs. Offers suggestions on how to select and stay on an exercise program. Excerpted from *Exercise and Your Heart*. (2 pages)

■ Single copy free from the National Heart, Lung, and Blood Institute.

NHLBI Facts About Exercise: Sample Exercise Programs. Presents sample schedules for a walking and jogging program. Excerpted from *Exercise and Your Heart*. (4 pages)

■ Single copy free from the National Heart, Lung, and Blood Institute.

NHLBI Facts About Exercise: What Is Fact and What Is Fiction? Explains how exercise promotes cardiovascular health. Excerpted from *Exercise and Your Heart*. (1 page)

■ Single copy free from the National Heart, Lung, and Blood Institute.

One Step at a Time (An Introduction to Running). A handbook for beginning runners. Includes tips on pace, form, and attire, plus stretching exercises and benefits of running. (16 pages)

■ Single copy free from the President's Council on Physical Fitness and Sports; for sale by the Superintendent of Documents, Stock No. 017-001-00425-1, $2.75; 100 copies for $39.

Physical Education: A Performance Checklist. Outlines what to look for in a quality physical education program. For parents. (10 pages)

■ Single copy free from the President's Council on Physical Fitness and Sports.

Walking for Exercise and Pleasure. Includes information on the health and recreational benefits of walking, plus sections on proper pace, form, attire, and stretching exercises. (16 pages)

■ Single copy free from The President's Council on Physical Fitness and Sports. For sale by the Superintendent of Documents, Stock No. 017-001-00447-2, $1; and

from the Consumer Information Center, Order.No. 122P, $1.

For more information about Physical Fitness contact The President's Council on Physical Fitness and Sports, see page 50.

PREGNANCY AND CHILDBIRTH

All About Eating for Two. This article discusses how pregnancy and lactation affect a woman's nutritional needs. (4 pages)
■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 84-2183.

An Inner Voice. See ALCOHOL AND ALCOHOLISM.

Before the Baby (slide set). Provides information for pregnant women on foods, new drugs, and X-rays. (10 minutes)
■ For sale by the National Audiovisual Center. 74 color slides, audiocassette, script, $28.

Cuidado Prenatal. Spanish version of *Prenatal Care.*
■ For sale by the Superintendent of Documents, Stock No. 017-091-00209-6, $4.50.

Drugs and Pregnancy. Explains how medications, drugs, alcohol, and tobacco are shared with the unborn baby. Discusses some related hazards. (4 pages)
■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 80-3083.

Facts About Cesarean Childbirth. Discusses cesarean delivery, types of incisions, current thinking about repeat cesarean delivery, and the medical problems that may lead to this method of birth. (13 pages)
■ Single copy free from the National Institute of Child Health and Human Development; and from the Consumer Information Center, Order No. 431P, $.50.

Facts About Down Syndrome for Women Over 35. Describes Down's syndrome, genetic counseling, and the outlook for a child with Down's syndrome. (18 pages)
■ Single copy free from the National Institute of Child Health and Human Development, NIH Pub. No. 82-536.

Facts About Pregnancy and Smoking. Describes the effects of cigarette smoking on the developing fetus. (7 pages)
■ Single copy free from the National Institute of Child Health and Human Development.

Facts About Premature Birth. Explains maternal conditions, including diabetes, malnutrition, and alcohol and cigarette use, that may cause premature birth. (10 pages)
■ Single copy free from the National Institute of Child Health and Human Development.

Food for the Teenager During and After Pregnancy. Encourages pregnant teenagers to eat nutritiously and to have a healthy pregnancy. Includes sample menus. (31 pages)
■ Single copy free from the National Maternal and Child Health Clearinghouse, Pub. No. H-75; for sale by the Superintendent of Documents, Stock No. 017-026-00103-4, $4.50, 100 copies for $90.

Healthy Mothers Coalition Directory of Educational Materials. Third Edition. Lists and describes educational materials on prenatal care. (170 pages)
■ Single copy free from the National Maternal and Child Health Clearinghouse.

Little Babies Born Too Soon, Born Too Small. Explains the health problems that low-birth-weight babies can have, preventive measures, and research now underway. (20 pages)
■ Single copy free from the National Institute of Child Health and Human Development, DHHS Pub. No. 77-1079.

Medicines Used During Pregnancy (videotape). Surveys the risks associated with drugs taken during pregnancy, including aspirin, birth control pills, tetracycline, estrogen, and others. (5 minutes)
■ For sale by the National Audiovisual Center, rental $30, sale $55.

My Baby . . . Strong and Healthy. See ALCOHOL AND ALCOHOLISM.

Now You're Smoking for Two! A Guide to Smoking and Pregnancy. See SMOKING.

Pregnancy Basics: What You Need to Know and Do to Have a Good Healthy Baby. Discusses the do's and don'ts of pregnancy to help a woman have a healthy pregnancy and healthy baby. (13 pages)
■ Single copy free from the National Institute of Child Health and Human Development.

Prenatal Care. Gives the pregnant woman basic information on caring for herself and her unborn baby. (98 pages)
■ Single copy free from the National Maternal and Child Health Clearinghouse, Pub. No. H50. For sale by the Superintendent of Documents, Stock No. 017-091-00237-1, $4.25; and from the Consumer Information Center, Order No. 186P, $2.50.

Preventing Fetal Alcohol Effects: A Practical Guide for Ob/Gyn Physicians and Nurses. See ALCOHOL AND ALCOHOLISM.

Rubella. Discusses the effects of rubella on the fetus and its prevention through vaccination. (14 pages)
■ Single copy free from the National Maternal and Child Health Clearinghouse, Pub. No. B-73; for sale by the Superintendent of Documents, Stock No. 017-029-00933-3, $2.75, 100 copies for $22.

Toxoplasmosis. Describes the possible hazards to the fetus of the toxoplasma parasites and suggests precautions to prevent the disease. (5 pages)
■ Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 83-308.

The Unknowns of Ultrasound. Tells how this technique is used to monitor fetal growth and development; latest research on its safety; other medical uses. (3 pages)
■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 83-8201; and from the Consumer Information Center, Order No. 552P.

For more information about Pregnancy and Childbirth contact The National Maternal and Child Health Clearinghouse, see page 50.

RESPIRATORY DISORDERS

Asthma. Describes the triggers of asthma attacks and treatment and research on asthma. (11 pages)
■ Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 83-525. For sale by the Superintendent of Documents, Stock No. 017-044-00033-8, $19 for 100 copies.

Common Cold. Discusses the symptoms, cause, transmission, health cost, prevention, and treatment of the disease. (5 pages)
■ Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 85-167. For sale by the Superintendent of Documents, Stock No. 017-00044-00052-4, $13 for 100.

Facts About Apnea. See SUDDEN INFANT DEATH SYNDROME.

Sinusitis. Explains the various infectious and allergic causes of the disease and how it can be prevented and treated. (11 pages)
■ Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 83-540. For sale by the Su-

perintendent of Documents, Stock No. 017-044-00030-3, $28 for 100 copies.

Tuberculosis. Discusses the transmission, high risk groups, symptoms, diagnosis, treatment, prevention, and research on the disease. (8 pages)
■ Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 84-413.

What You Should Know About Asthma (slide set). Explains what can be done to control asthma. Appropriate for patient education and the classroom. (11 minutes)
■ For sale by the National Audiovisual Center. 40 color slides, audiocassette, script, $30.

SEXUALLY TRANSMITTED DISEASES

AIDS: Fears and Facts(videotape). See ACQUIRED IMMUNE DEFICIENCY SYNDROME.

AIDS, Sex and You. See ACQUIRED IMMUNE DEFICIENCY SYNDROME.

AIDS and Your Job—Are There Risks? See ACQUIRED IMMUNE DEFICIENCY SYNDROME.

Gay and Bisexual Men and AIDS. See ACQUIRED IMMUNE DEFICIENCY SYNDROME.

Genital Herpes. Answers the most commonly asked questions about genital herpes, its cause, symptoms, recurrences, and treatment. (9 pages)
■ Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 84-2005; for sale by the Superintendent of Documents, Stock No. 017-044-00043-5, $21 for 100 copies.

Herpes. Defines herpes simplex virus type I (oral) and type II (genital). Discusses the similarities, causes, diagnosis, management, and treatment of these disorders. One of the *Medicine for the Layman* series. (32 pages)
■ Single copy free from the Office of Clinical Center Communications, Warren G. Magnuson Clinical Center, NIH Pub. No. 85-858.

Herpes Genital. Spanish version of Genital Herpes.
■ Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 84-656.

If Your Test for Antibody to the AIDS Virus Is Positive . . . See ACQUIRED IMMUNE DEFICIENCY SYNDROME.

Jennifer: A Revealing Story About Genital Herpes (film, videotape). Follows a young woman striving to cope with her own case of genital herpes. Offers an objective educational message for the general public while providing emotional support for persons already suffering from the disease. Shows actual herpes simplex lesions in the genital area. (28 minutes)
■ For sale by the National Audiovisual Center. 16mm film, rental $30, sale $295; videocassette, $90; also available on free loan from the Modern Talking Picture Service.

Sexually Transmitted Diseases. Discusses most common STDs, including gonorrhea, syphilis, genital herpes, and chlamydia infections. Describes symptoms, diagnosis, treatment, and prevention of STD's. (24 pages)
■ Single copy free from the National Institute of Allergy and Infectious Diseases.

What Everyone Should Know About AIDS (also available in Spanish). See ACQUIRED IMMUNE DEFICIENCY SYNDROME.

What Gay and Bisexual Men Should Know About AIDS. See ACQUIRED IMMUNE DEFICIENCY SYNDROME.

Why You Should Be Informed About AIDS See ACQUIRED IMMUNE DEFICIENCY SYNDROME.

SKIN PROBLEMS

Control and Prevention of Malignant Melanoma: A Program for Melanoma-Prone Families. See CANCER.

Living With Epidermolysis Bullosa. Describes this group of blistering diseases of the skin, outlines treatment approaches, and reviews current research. (31 pages)

■ Single copy free from the National Arthritis and Musculo skeletal and Skin Diseases Information Clearinghouse, NIH Pub. No. 84-663.

Occupational Dermatosis: Employer/Employee Program (slide set). Provides an overview of predisposing factors for occupational skin diseases: patterns of skin response to chemicals, mechanical stress, and biological agents. Also covers preventive techniques. (16 minutes)

■ For sale by the National Audiovisual Center. 77 slides, audiocassette, script, $40.

Skin: Getting the Wrinkles Out of Aging. See *Age Pages* under AGING.

What You Should Know About Vitiligo. Explains this skin disease and what is known about its causes and treatment. (7 pages)

■ Single copy free from the National Institute of Arthritis and Musculoskeletal and Skin Diseases, NIH Pub. No. 80-2088.

SMOKING

Cigarette Mash (poster). Depicts multicolored sneakers stamping out cigarettes. (18" × 23", color).

■ Free from the Office on Smoking and Health.

Clearing the Air: A Guide to Quitting Smoking. Offers a variety of ways to quit smoking. Available in Spanish. (32 pages)

■ Single copy free from the National Cancer Institute, NIH Pub. No. 86-1647; and from the Consumer Information Center, Order No. 561P.

Don't You Get Hooked! (poster). Presents a simple message about smoking. (15-1/2" × 21", color)

■ Single copy free from the Office on Smoking and Health.

Everyone Can Do Something About Smoking (slide set). Explains how organizations can help reduce the smoking problem. Included in the ten-part planner's package is a sample letter to physicians to enlist help and a booklet on kicking the habit. (14 minutes)

■ For sale by the National Audiovisual Center, 127 color slides, audiocassette, program planning package, $38.

Facts About Pregancy and Smoking. See PREGNANCY AND CHILDBIRTH.

If Your Kids Think Everybody Smokes, They Don't Know Everybody. A Parent's Guide to Smoking and Teenagers. Explains why some teenagers become smokers. (4 pages)

■ Free from the Office on Smoking and Health, DHHS Pub. No. 83-50199.

No More Butts, A Guide to Quitting Smoking. Calls on smokers to recognize their addiction and answers questions about quitting. (4 pages)

■ Free from the Office on Smoking and Health, DHHS Pub. No. 83-50199.

Now You're Smoking For Two! A Guide to Smoking and Pregnancy. Explains how smoking affects a pregnancy. (4 pages)

■ Free from the Office on Smoking and Health, DHHS Pub. No. 83-50198.

The Physician's Guide: How to Help Your Hypertensive Patients Stop Smoking. See CARDIOVASCULAR DISEASES.

A Physician Talks About Smoking (slide set). Presents the latest information on the health effects of smoking, the etiology of smoking, and the prevalence and causes of smoking. It was developed for physicians and other health care professionals who are called upon to speak to audiences about the effects of smoking on health.

■ For sale by the National Audiovisual Center. 28 color slides, script, $35.

Pressures To Smoke (videotape). Two junior high school students explore the problems of and pressures leading to smoking. This program takes the viewer into the research lab, to witness the effects of smoking on carbon monoxide levels in the body, on nicotine levels in saliva, and on second-hand smokers. The social, family, and media pressures to smoke cigarettes are also examined. Young people are encouraged to realize these pressures so it will be easier for them to say "no" when faced with the temptation to smoke. (15 minutes)

■ For sale by the National Audiovisual Center, $95.

Resisting Pressures to Smoke (videotape). How can a young student learn to effectively resist the pressures to begin smoking? Here are strategies that will help teenagers and adults alike resist peer pressure, media pressure, and the influence of the parental model. Scenes are role-played by junior high school students and adults in settings where the pressures to smoke are likely to occur.

■ For sale by the National Audiovisual Center, $80.

A Self-Test for Smokers. Provides a self-test to help smokers find out what they know about cigarette smoking. (7 pages)

■ Free from the Office on Smoking and Health, DHHS Pub. No. 75-8716.

Smokeless Tobacco Education Resources. A bibliography of material also available from Federal, State and private sources, emphasizing the harmful effects of smokeless tobacco. (6 pages)

■ Single copy free from the Dental Disease Prevention Activity, Centers for Disease Control.

Smoking Programs for Youth. Describes activities that can be done through schools and community groups. (92 pages)

■ Free from the National Cancer Institute, NIH Pub. No. 81-2156.

Smoking, Tobacco and Health. Discusses the health risks and prevalence of smoking. Also discusses tobacco growing, cigarette manufacturing, and marketing. (36 pages)

■ Single copy free from the Office on Smoking and Health, DHHS Pub. No. 87-8397.

State and Local Programs on Smoking and Health: A Catalog of Local Programs Throughout the Country on Smoking and Health. Describes cessation clinics, prevention efforts aimed at children and adolescents, school programs, community and patient education programs, mass media campaigns, and individual self-help and counseling programs. For health professionals, community groups, and individuals. (100 pages)

■ Single copy free from the Office on Smoking and Health, DHHS Pub. No. 82-50189.

Teenage Cigarette Smoking, Self Test and Discussion Leader's Guide. Provides a self-test to help teenagers understand their feelings about smoking. Consists of leader's guide and eight duplicating masters. (10 pages)

■ Single copy free from the Office on Smoking and Health, DHHS Pub. No. 82-50189.

We Can't Go On Like This (film, videotape). Consists of seven vignettes that will motivate your group to explore why they smoke, recognize the obstacles to quitting, and extinguish the smoking habit. For descriptions see separate entries below. Each vignette runs approximately 5 minutes; the seven vignettes together total 32 minutes.

■ For sale by the National Audiovisual Center. Videocassette, sale $95, rental $25; 16mm film, sale $340, rental $25.

Crisis. Shows that you must develop ways to cope with crises without smoking. Addresses self-sufficiency, backsliding, anxiety and relief, susceptibility, impulsive behavior, and group cohesion.

Digging Cigarettes. Shows how we build barricades by rationalization. Addresses the issues of procrastination, decision-making, rationalization, defense mechanisms, weaknesses, and self-image.

The Drag Race. Shows how each person copes with change in unique ways. Addresses resistance to change, independence, objectivity in decision-making, enjoyment versus caution, and personal responsibility.

Escalation. To quit smoking means no cigarettes. Encourages discussion on self-control, temptation, backsliding, over- confidence, moderation, and the rebound phenomenon.

Gambling. Shows the hardships of resisting temptation. Issues for discussion are willpower, peer pressure, emotional and physical dependence, second thoughts about quitting, support needs, and loneliness.

The Ordeal of Arnold Hertz. Encourages taking just one day at a time and developing alternatives to smoking. Topics for discussion include dealing with defeat, tension, determination, influences, behavior substitution, and patience.

We Can't Go On Like This. Portrays how the smoking habit is learned bit by bit and can be unlearned in the same way. Discussion issues are role modeling, media exposure, family/peer relationships, social mores and personal habits, subconscious desires, maturation, acceptance, and self-identity.

What You Don't Know Will Hurt You. A Guide to Smoking and Your Health. Describes what research has discovered about the risks of smoking. (4 pages)
■ Free from the Office on Smoking and Health, DHHS Pub. No. 83-50197.

For more information about Smoking contact The Office on Smoking and Health, see page 51.

SUDDEN INFANT DEATH SYNDROME

Crib Death. An easy-to-read explanation of sudden infant death syndrome or "crib death." (20 pages)
■ Single copy free from National Sudden Infant Death Syndrome Clearinghouse.

Current Research in Sudden Infant Death Syndrome. Provides an overview of the activities conducted by the National Institute of Child Health and Human Development (NICHD) SIDS Research Program. Excerpt from a report to Congress for fiscal year 1985. (3 pages)
■ Single copy free from the National Sudden Infant Death Syndrome Clearinghouse.

Facts About Apnea. Deals with the causes of apnea, its evaluation and treatment through monitoring, and its relationship to sudden infant death syndrome. (2 pages)
■ Single copy free from the Sudden Infant Death Syndrome Clearinghouse.

The Grief of Children. Discusses some of the ways that children express grief and that adults can help. (2 pages)
■ Single copy free from the Sudden Infant Death Syndrome Clearinghouse.

Infantile Apnea and SIDS. Describes studies on apnea and notes the lack of clear evidence connecting apnea and sudden infant death syndrome (SIDS). (3 pages)
■ Single copy free from the Sudden Infant Death Syndrome Clearinghouse.

Parents and the Grieving Process. Discusses common reactions and emotions of parents whose children have died and explores the process of resolution and recovery. (2 pages)
■ Single copy free from the Sudden Infant Death Syndrome Clearinghouse.

SIDS Information for the EMT. Suggests approaches to and methods of handling a SIDS emergency call, for emergency medical technicians and others who first respond at the time of a SIDS death. Symptoms are listed to help distinguish between SIDS and child abuse and neglect.
■ Single copy free from the Sudden Infant Death Syndrome Clearinghouse.

Talking to Children About Death. Discusses ways to talk with children about the death of someone close to them. From the *Caring About Kids* series. (16 pages)
■ Single copy free from the Sudden Infant Death Syndrome Clearinghouse.

For more information about Sudden Infant Death Syndrome contact The Sudden Infant Death Syndrome Clearinghouse, see page 51.

URINARY TRACT AND KIDNEY DISORDERS

Extracorporeal Shock Wave Lithotripsy. Describes this noninvasive shock-wave procedure for pulverizing kidney stones. (2 pages)
■ Single copy free from the National Institute of Diabetes and Digestive and Kidney Diseases. NIH Pub. No. 84-859.

Prevention and Treatment of Kidney Stones. Describes the types of kidney stones, their causes, symptoms, and treatment. Discusses prevention and control of stone formation. (15 pages)
■ Single copy free from the National Institute of Diabetes and Digestive and Kidney Diseases. NIH Pub. No. 83-2495.

Urinary Incontinence. See Age Pages under AGING.

VISION AND HEARING IMPAIRMENTS

Aging and Your Eyes. See Age Pages under AGING.

Age-Related Macular Degeneration. Explains how the eye works and how age-related macular degeneration develops. Describes laser photocoagulation for treating the disease and current research. Tells how patients can check their own eyes. (8 pages)
■ Single copy free from the National Eye Institute. NIH Pub. No.85-2294.

Diabetes and Your Eyes. See DIABETES.

Facts About Hearing and Hearing Aids. Discusses the causes of and treatment for hearing loss and the selection, use, and care of hearing aids. (32 pages)
■ Single copy free from the Food and Drug Administration. DHHS Pub. No. 79-4016.

Hearing and the Elderly. See Age Pages under AGING.

Hearing Impairment: The Invisible Handicap (videotape). Explains how we hear, how the ear converts sound waves to electronic impulses that are carried to the brain by nerves, and how dysfunction in any of the three parts of the ear—outer, middle and inner—can cause hearing loss. Discusses various types of hearing impairment, including presbycusis (age-related hearing loss), mumps deafness, acoustic

trauma, and other disorders. Describes current therapy and prospects for the future in preventing and treating the invisible handicap. From the Medicine for the Layman series. (58 minutes)

■ For sale by the National Audiovisual Center. $155.

Hearing Loss: Hope Through Research. Discusses in layman's language various types of hearing impairment, prevention, diagnosis, and treatment for hearing loss, including surgery, and research. Also talks about hearing aids and other helpful devices. (35 pages)

■ Single copy free from the National Institute of Neurological and Communicative Disorders and Stroke. NIH Pub. No. 82-157: for sale by the Superintendent of Documents. Stock No. 017-049-00126-3. $4.25.

Keeping an Eye on Glaucoma. Discusses the control of glaucoma with drugs and surgery. (4 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 80-3105.

WOMEN'S HEALTH

Breast Cancer (videotape). See CANCER.

Breast Cancer: We're Making Progress Every Day. See CANCER.

Breast Exams: What You Should Know. Provides answers to questions about breast cancer screening methods, including medical history, breast self-examination. X-ray mammography, and future technologies. Includes instructions for breast self-examination. Available in Spanish. (14 pages)

■ Single copy free from the National Cancer Institute. NIH Pub. No. 85-2000: and from the Consumer Information Center. Order No. 559P.

In Hospitals (videotape). See CANCER.

Doing Something About Menstrual Discomforts. Common problems and treatments including a list of nonprescription drugs that relieve specific symptoms. (4 pages)

■ Single Copy free from the Consumer Information Center, Order No. 565P.

Los examenes de los senos, que debe saber sobre ellos. Spanish version of *Breast Exams, What You Should Know.*

■ Single copy free from the National Cancer Institute. NIH Pub. No. 82-2138.

For Women Who Drink. See ALCOHOL AND ALCOHOLISM.

On Yeast Infections and Other Female Irritations. Gives information on the symptoms, treatments, side effects, and some of the latest findings about vaginitis and other infections. (3 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 85-1121: and from the Consumer Information Center. Order No. 572P.

Osteoporosis: Cause. Treatment. Prevention. See AGING.

Osteoporosis. Calcium, and Estrogens. Discusses the causes of this weakening of the bones, especially in older women, and how diet and estrogen treatment can help. (8 pages)

■ Single copy free from the Food and Drug Administration. DHHS Pub. No. 85-1117: and from the Consumer Information Center. Order No. 606P.

Please Pass That Woman Some More Calcium and Iron. Discusses why a diet rich in calcium and iron is essential for women. (6 pages)

■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 85-2198: and from the Consumer Information Center. Order No. 522P.

Questions and Answers About Breast Lumps. See CANCER.

Toxic Shock Syndrome and Tampons. Explains the symptoms and possible causes of toxic shock syndrome and suggests ways to lessen the risk. (3-panel brochure)
■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 85-4169.

Women and Alcohol Problems: Tools for Prevention. See ALCOHOL AND ALCOHOLISM.

X-RAYS

Get the Picture on Dental X-rays. Urges consumers to consider the pros and cons before having dental X-rays. (5-fold brochure)
■ Single copy free from the Food and Drug Administration. DHHS Pub. No. 80-8111.

Primer on Radiation. Summarizes basic facts about X-rays and other forms of radiation. Reprinted from the *FDA Consumer*. (8 pages)
■ Single copy free from the Food and Drug Administration, DHHS Pub. No. 79-8099.

Seeking the Safest X-ray Picture. Tells how to minimize risks associated with having X-rays. Reprinted from the *FDA Consumer*. (4 pages)
■ Single copy free from the Food and Drug Administration. DHHS Pub. No. 79-8091.

X-ray Record Card. A wallet card with blanks for recording information on X-rays. (2.5" x 4")
■ Single copy free from the Food and Drug Administration. DHHS Pub. No. 80-8024.

X-rays: Get the Picture on Protection. Provides consumers with a checklist of questions to ask a physician when an X-ray is suggested. Includes an X-ray record form. (3-fold brochure)
■ Single copy free from the Food and Drug Administration. DHHS Pub. No. 80-8088.

DHHS CLEARINGHOUSES AND INFORMATION CENTERS

ALCOHOL

National Clearinghouse for Alcohol Information (NCALI). P.O. Box 2345, Rockville, MD 20852, 301/468-2600. Gathers and disseminates current information on alcohol-related subjects.

ARTHRITIS AND MUSCULOSKELETAL AND SKIN DISEASES

National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse. P.O. Box 9782, Arlington, VA 22209, 703/558-8250. The purpose of the clearinghouse is to identify, collect, process, and disseminate information about print and audiovisual educational materials concerned with arthritis and musculoskeletal and skin diseases.

CANCER

National Cancer Institute, Office of Cancer Communications. Bldg. 31, Room 10A-18, 9000 Rockville Pike, Bethesda, MD 20892, 301/496-5583. Answers requests for cancer information from patients, sponsors a toll free number to supply cancer information to the general public. 800/4-CANCER.

Cancer Information Service. National Cancer Institute, Bldg. 31, Room 10A-18, Bethesda, MD 20892, 800/4-CANCER; 301/496-5583. Answers questions about cancer from patients and the public.

CHILD ABUSE

Clearinghouse on Child Abuse and Neglect. P.O. Box 1182, Washington, DC 20013, 301/251-5157. Collects, processes, and disseminates information on child abuse and neglect.

DIABETES

National Diabetes Information Clearinghouse. Box NDIC, Bethesda, MD 20892, 301/468-2162. Collects and disseminates information on patient education materials and coordinates the development of materials and programs for diabetes education.

DIGESTIVE DISEASES

National Digestive Diseases Information Clearinghouse. 1255 23rd Street, NW., Suite 275, Washington, DC 20037, 202/296-1138. Provides information on digestive diseases to health professionals and consumers.

DRUG ABUSE

National Clearinghouse for Drug Abuse Information. P.O. Box 416, Kensington, MD 20785, 301/443-6500. Collects and disseminates information on drug abuse. Produces informational materials on drugs, drug abuse, and prevention.

FAMILY LIFE

Family Life Information Exchange. P.O. Box 10716, Rockville, MD 20850, 703/558-4990. Collects, produces, and distributes materials on family planning, adolescent pregnancy, and adoption; also makes referrals to other information centers. Primary audience is both Title X—National Family Planning Clinics, and Title XX—National Family Life Clinics. Information is also available to the general public.

HANDICAPPED

Clearinghouse on the Handicapped. Switzer Bldg., Room 3132, 330 C St. SW., Washington, DC 20202, 202/732-1250. Responds

to inquiries by referrals to organizations that supply information to and about handicapped individuals.

National Information Center for Handicapped Children and Youth. P.O. Box 1492, Washington, DC 20013, 703/522-3332. Helps parents of handicapped children, disabled adults, and professionals locate services for the handicapped and information on disabilities.

HEALTH INFORMATION

ODPHP Health Information Center. P.O. Box 1133, Washington, DC 20013-1133, 202/429-9091 (in Washington D.C); 800/336-4797. Helps the public locate health information through identification of health information resources and an inquiry and referral system. Health questions are referred to appropriate health resources.

HEALTH PROMOTION AND EDUCATION

Center for Health Promotion and Education. Centers for Disease Control, Building 1 South, Room SSB249, 1600 Clifton Rd., NE., Atlanta, GA 30333, 404/329-3492. Provides leadership and program direction for the prevention of disease, disability, premature death, and undesirable and unnecessary health problems through health education.

HIGH BLOOD PRESSURE

High Blood Pressure Information Center. 120/80, National Institutes of Health, Bethesda, MD 20892, 301/496-1809. Provides information on the detection, diagnosis, and management of high blood pressure to consumers and health professionals.

MATERNAL AND CHILD HEALTH

National Maternal and Child Health Clearinghouse. 38th & R Streets, NW., Washington, DC 20057, 202/625-8410. Provides information and publications on maternal and child health to consumers and health professionals.

MEDICATIONS

Food and Drug Administration, Office of Consumer Affairs, 5600 Fishers Lane (HFE-88), Rockville, MD 20857, 301/443-3170. Answers consumer inquiries and serves as a clearinghouse for the FDA's consumer publications.

MENTAL HEALTH

National Institute of Mental Health. Public Inquiries Branch, Parklawn Bldg., Room 15C-05, 5600 Fishers Lane, Rockville, MD 20857, 301/443-4513. Distributes institute publications. Provides referrals to mental health facilities.

OCCUPATIONAL SAFETY AND HEALTH

Clearinghouse for Occupational Safety and Health Information. Technical Information Branch, 4676 Columbia Parkway, Cincinnati, OH 45226, 513/533-8326. Provides technical support for National Institute for Occupational Safety and Health research programs, and supplies information to others on request.

PHYSICAL FITNESS

President's Council on Physical Fitness and Sports. 450 5th St. NW., Suite 7103, Washington, DC 20001, 202/272-3430. Conducts a public service advertising program and cooperates with governmental and private groups to promote the development of physical fitness leadership, facilities, and programs. Produces informational materials on exercise, school physical education programs, sports, and physical fitness for youth, adults and the elderly.

PRIMARY CARE

National Clearinghouse for Primary Care Information. 8201 Greensboro Drive, Suite

600, McLean, VA 22102, 703/821-8955. Provides information services to support the planning, development, and delivery of ambulatory health care to urban and rural areas where there are shortages of medical personnel and services. Although the Clearinghouse will respond to public inquiries, its primary audience is health care providers who work in federally funded community health care centers.

SMOKING

Office on Smoking and Health. Technical Information Center, Park Building, Room 1-10, 5600 Fishers Lane, Rockville, MD 20857, 301/443-1690. Offers bibliographic and reference service to researchers and others, and publishes and distributes a number of publications in the field of tobacco use.

SUDDEN INFANT DEATH SYNDROME (SIDS)

National Sudden Infant Death Clearinghouse. 8201 Greensboro Drive, Suite 600, McLean, VA 22102, 703/821-8955. Provides information and referrals to other resources on SIDS to health professionals and consumers.

SURGICAL OPINION

National Second Surgical Opinion Program. 330 Independence Avenue, SW., Washington, DC 20201, 800/638-6833; 800/492-6603 (in Maryland only). Sponsors a toll-free number to assist the public in locating a surgeon or other specialist for a second opinion. Referrals are made to physicians who have agreed to be a part of the program.

ORDERING INFORMATION

When ordering materials include title and order numbers and use the full address as given below. Agencies are listed in alphabetical order.

Clearinghouse on Child Abuse and Neglect, P.O. Box 1182, Washington, DC 20013, 301/251-5157.

Consumer Information Center, Dept. Z, Pueblo, CO 81009.

Dental Disease Prevention Activity, Center for Prevention Services, Centers for Disease Control, 1600 Clifton Road NE., Atlanta, GA 30333.

Family Life Information Exchange. P.O. Box 10716, Rockville, MD 20850, 703/558-4990.

Food and Drug Administration, Office of Consumer Affairs, Public Inquiries, 5600 Fishers Lane (HFE-88), Rockville, MD 20857, 301/443-3170.

Health Care Financing Administration, Room 577, East High Rise Building, 6325 Security Boulevard, Baltimore, MD 21207; ATTN: Larry Beasley (written requests only.)

High Blood Pressure Information Center, 120/80 National Institutes of Health, Bethesda, MD 20892, 301/496-1809.

Modern Talking Picture Service, Inc. Film Scheduling Center, 5000 Park Street North, St. Petersburg, FL 33709, 813/541-5763.

National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse, P.O. Box 9782, Arlington, VA 22209, 703/558-4999.

National Audiovisual Center, 8700 Edgeworth Drive, Capitol Heights, MD 20743-3701, 301/763-1896. *When ordering videotapes specify make and model number of videocassette player. Make checks payable to the National Archives Trust Fund. MasterCard and VISA are accepted. For invoiced or credit card orders include a $5 handling charge with sales orders (any number of items) and a $3 handling charge with rental orders. Rental rates are for three days. Write or call for information on previews, discounts, polyesterbase film, and catalogs available.*

National Cancer Institute, Office of Cancer Communications, Building 31, Room 10A-24, 9000 Rockville Pike, Bethesda, MD 20892. For phone orders call the Institute's Cancer Information Service at 800/4-CANCER (800/492-6600 in Maryland).

National Center for Health Services Research and Health Care Technology Assessment, Parklawn Building, Room 18-12, 5600 Fishers Lane, Rockville, MD 20857, 301/443-4100.

National Cholesterol Education Program, National Institutes of Health, Building 31, Room 4A-21, 9000 Rockville Pike, Bethesda, MD 20892, 301/230-1340.

National Clearinghouse for Alcohol Information, P.O. Box 2345, Rockville, MD 20852, 301/468-2600.

National Clearinghouse for Primary Care Information, 8201 Greensboro Drive, McLean VA 22102, (703)821-8955.

National Diabetes Information Clearinghouse, Box NDIC, Bethesda, MD 20892, 301/468-2162.

National Digestive Diseases Information Clearinghouse, 1255 23rd Street NW., Suite 275, Washington, D.C. 20037, 202/296-1138.

National Eye Institute, National Institutes of Health, Building 31, Room 6A-32, 9000

Rockville Pike, Bethesda, MD 20892, 301/496-5248.

National Heart, Lung, and Blood Institute, National Institutes of Health, Building 31, Room 4A-21, 9000 Rockville Pike, Bethesda, MD 20892, 301/496-4236.

National Institute on Aging Information Center, 2209 Distribution Circle, Silver Spring, MD 20910, 301/495-3455.

National Institute of Allergy and Infectious Diseases, National Institutes of Health, Building 31, Room 7A-32, 9000 Rockville Pike, Bethesda, MD 20892, 301/496-5717.

National Institute of Arthritis and Musculoskeletal and Skin Diseases, National Institutes of Health, Building 31, Room 9A-04 Bethesda, MD 20892, 301/496-3583.

National Institute of Child Health and Human Development, National Institutes of Health, Building 31, Room 2A-32, Bethesda, MD 20892, 301/496-5133.

National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, Building 31, Room 9A-04 Bethesda, MD 20892, 301/496-3583.

National Institute of Dental Research, National Institutes of Health, Building 31, Room 2C-35, 9000 Rockville Pike, Bethesda, MD 20892, 301/496-4261.

National Institute of General Medical Sciences, National Institutes of Health, Building 31, Room 4A-52, 9000 Rockville Pike, Bethesda, MD 20892, 301/496-7301.

National Institute of Mental Health, Public Inquiries Branch, Parklawn Building, Room 15C-05, 5600 Fishers Lane, Rockville, MD 20857, 301/443-4513.

National Institute of Neurological and Communicative Disorders and Stroke, National Institutes of Health, Building 31, Room 8A-06, 9000 Rockville Pike, Bethesda, MD 20892, 301/496-5751.

National Maternal and Child Health Clearinghouse, 38th and R Streets NW., Washington, DC 20057, 202/625-8410.

National Sudden Infant Death Syndrome Clearinghouse, 8201 Greensboro Drive, Suite 600, McLean, VA 22102, 703/821-8955, 202/625-8410.

National Technical Information Service, 5285 Port Royal Rd. Springfield, VA 22161, 703/487-4650. *Make checks payable to NTIS. VISA, MasterCard, and American Express accepted. A $5 charge is added to invoiced orders (Federal agencies excepted).*

National Toxicology Program, Public Information Office, M.D. B2-04, P.O. Box 12233, Research Triangle Park, NC 27709, 919/541-3991.

ODPHP Health Information Center, P.O. Box 1133, Washington, DC 20013-1133, 202/429-9091 in Washington D.C.; 800/336-4797.

Office of Clinical Center Communications, Warren G. Magnuson Clinical Center, National Institutes of Health, Building 10, Room 5C-305, 9000 Rockville Pike, Bethesda, MD 20892, 301/496-2563.

Office on Smoking and Health, Technical Information Center, Park Building, Room 1-10, 5600 Fishers Lane, Rockville, MD 20857, 301/443-1690.

President's Council on Physical Fitness and Sports, 405 5th St. NW., Room 7103, Washington, DC 20001, 202/272-3430.

Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402, 202/783-3238. *Make checks payable to the Superintendent of Documents. MasterCard and VISA accepted. Orders of 100 or more copies of one publication receive a 25 percent discount.*

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